VISIT…

The Quiet Arts Series

Level Two
Ages 8 and Up

Home Economics

for

Home Schoolers

From PEARABLES

Home Economics

for

Home Schoolers

(Once-A-Week Curriculum)

Level Two

From Pearables

This book is dedicated to all the future mothers and homemakers of tomorrow.

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Instructions

Dearest Parent in Christ,

After much prayer and study, we are happy to be able to provide a home economics program for the believer in Christ.

While many children are being educated in a variety of academics, many parents are forgetting that these children will also grow up to be mothers and homemakers. Just as it is important to prepare a child in academics (reading, writing and arithmetic), so must we prepare them in household skills in order for them to be able to take care of their own homes and families one day.

We pray that this material will be an encouragement to you as you start on your journey in preparing them in the area of homemaking! We've tried to make it as easy as possible for a child to be able to complete without too much help from the parent.

The following suggestions may help:

1. This is a weekly lesson plan, which means that each project is to be completed within a week.

2. For this book, we suggest that mother set aside one hour each week to work with her child. The curriculum is simple and easy to use, and all it requires is a little time and dedication to learn the skills that each lesson will teach.

3. Once the child has completed a project (for example, making biscuits) have them try this new skill a few more times, all on their own throughout the week, until the next lesson. This will perfect the skill and give them joy as they realize that they can do something they couldn't do before!

4. Make sure that they clean up after themselves. This is just as important to teach as is doing the project.

5. After you have completed the book, check their skills. ***If you think they could benefit from doing the curriculum a second time, start over until they are ready to go on to the next level.*** Remember, always continue to have them use the skills they have learned.

Happy Homemaking!
A. B. Leaver and Friends

Contents

Week One - Learning About Nutrition..... 6
Week Two - Learning to Bake..... 11
Week Three - The Rules..... 14
Week Four - Why Sifting?..... 18
Week Five - Grains..... 22
Week Six - Dry and Wet Ingredients..... 26
Week Seven - Learning about Yeast..... 30
Week Eight - Bread Without Leaven..... 34
Week Nine - The Stove..... 38
Week Ten - Cooking With Meat..... 42
Week Eleven - Cooking With Cheese..... 46
Week Twelve - Making Clear Soups..... 50
Week Thirteen - Making Cream Soups..... 54
Week Fourteen - Learning to Cook Casseroles..... 58
Week Fifteen - Beginning Candy Making..... 62
Week Sixteen - Let's Review Cooking..... 66
Week Seventeen - Items You Need for Sewing..... 70
Week Eighteen - Making a Simple Sewing Kit..... 74
Week Nineteen - Hand Stitching..... 78
Week Twenty - Making a Pin Cushion..... 82
Week Twenty-One - The Sewing Machine..... 86
Week Twenty-Two - Real Sewing!..... 90
Week Twenty-Three - Cleanliness is Next to Godliness. 94
Week Twenty-Four - Cleaning Your Own Room..... 98
Week Twenty-Five - What Can't You Find?.....102
Week Twenty-Six - The Closet & Under the Bed..... 106
Week Twenty-Seven - Organizing Your School..... 110
Week Twenty-Eight - What is Hospitality?..... 114
Week Twenty-Nine - Three is NOT a Crowd..... 118
Week Thirty - Hosting a Party..... 122

"Who can find a virtuous woman?"
Proverbs 30:10

Nutrition

Week One

Learning About Nutrition

This is Hope. Hope is going to teach you a bit about nutrition.

Do you see the four different food items on the right side of this page? There are five different types of food groups:

1. Breads
2. Dairy
3. Proteins
4. Fruits
5. Vegetables

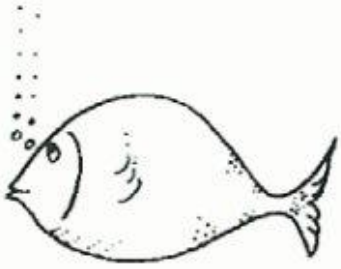
Draw three different items that you will find in each group: (We've done one for you)

It is important to learn to eat three small portions from each group each day.

Breads:

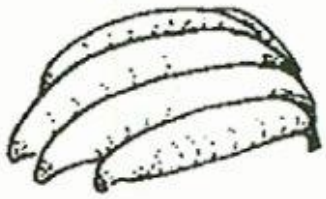
Dairy:

Proteins:



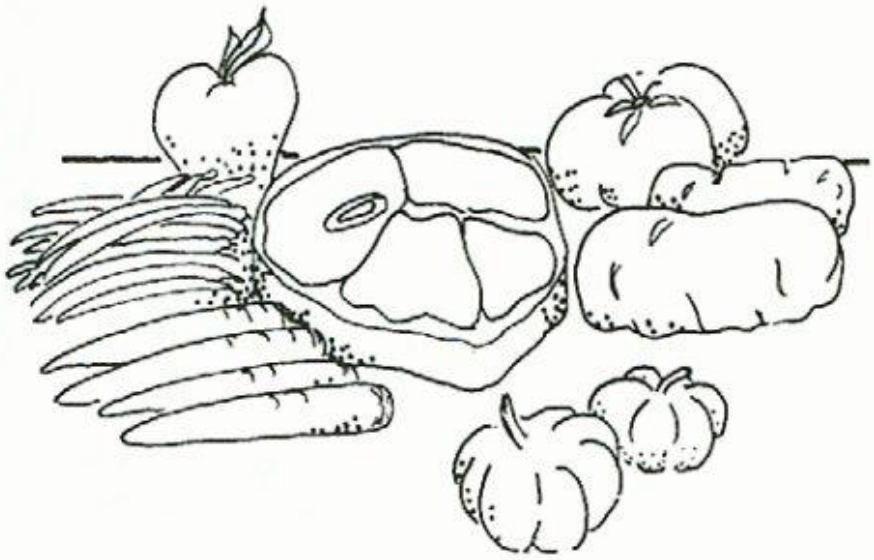
Fruits:

Nutrition



Vegetables:

Hope is making a meal. She has an item from each food group, except two.



Which foods go with which group?
Which food groups are missing?

There is another group to remember. It is the non-nutritional group called JUNK FOODS. These are items loaded in processed sugar and syrups. All sorts of candy, donuts, processed cakes and cookies are included in this group.

"For her price is far above rubies."
Proverbs 31:10

Baking

Week Two

Learning to Bake

Do you know the difference between baking and cooking?

Baking uses the oven and cooking uses the burners on top of the stove.

Looking at the picture below, what is Hope doing? Baking or cooking? How can you tell?

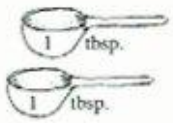
You need to know the difference between a teaspoon (tsp.) and a tablespoon (tbsp.). Also the difference between a cup and a pint and more.

These measuring items will become your best friends throughout your life as you learn to cook delicious and healthy meals for your family.

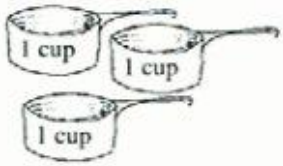
In order to bake or cook, you must learn about the utensils or tools which you will use. Hope has given us her measuring cups and spoons to learn from.

Under each of these write the amount given on each line:

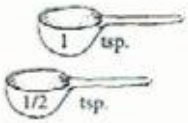
a._____



b._____

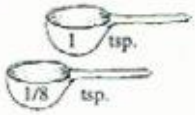


c._____

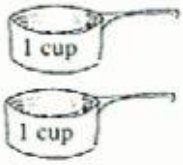


d._____

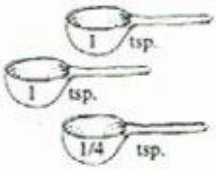
e._____



f._____

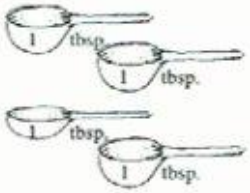


g._____



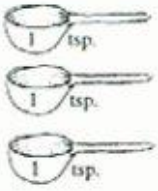
h._____

i._____



j._____

k._____



l._____

Baking

This week, practice the following tasks:

1. In a large bowl, and using water as your ingredient, place the following: 3/4 cup, 1/2 cup, 1 tbsp., 2 tsp., 1/4 tsp., 1/4 cup, 1/3 cup.

2. In a dry bowl, using a bag of salt which you will replace, measure the salt in the following order: 1/2 tsp., 1/4 tsp., 1 tsp., 1/2 tbsp., 3 tbsp., 1 tbsp.

3. Tell your mother the difference when you measured a dry ingredient versus a wet one.

4. Do task number 2 again, but this time make sure that you level off the top so that it is even. You can use a flat knife if it will be easier.

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
10 2/3 tablespoons = 2/3 cup
12 tablespoons = 1 cup
1 cup = 8 fluid ounces
1 cup = 1/2 pint
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck
4 pecks = 1 bushel
1 quart = 946.4 milliliters
1 liter = 1.06 quarts

"The heart of her husband doth safely trust in her."
Proverbs 31:11

Week Three

Baking

The Rules

The following rules are easy:

1. Before you start baking or cooking, put an apron on. This protects your clothing.

2. Always wash your hands with soap and water every time you are in the kitchen.

3. Have you ever found hair in your food? Pin your hair back or place it in a pony tail.

4. Always read your recipe through first. Make sure you have all the ingredients and understand what to do.

5. Use pot holders to grab hot pans.

There are also rules AFTER you are through cooking or baking:

1. Rinse your dishes free from any food. This way you won't have to scrub hardened food off a surface.

2. Wash your bowls and utensils in hot, soapy water, and then let air dry. It's more sanitary that way.

3. Put away all objects that you have used.

4. Scrub your oven and stove and counter top surfaces.

4. Sweep the floor.

Now that you know the rules, let's go on to our first baking project!

(Have Mom help you with this.)

Banana Coffee Bread

Baking

Bread Group

Apron?

Hair back?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

1/2 cup shortening
1 cup sugar
2 eggs
3/4 cup mashed ripe banana
1 1/4 cups sifted flour
3/4 teaspoon (tsp.) soda
1/2 teaspoon (tsp.) salt

Preheat your oven to 350 degrees.

With a beater, cream shortening and sugar until fluffy.

Add eggs, one at a time, beating well after each.

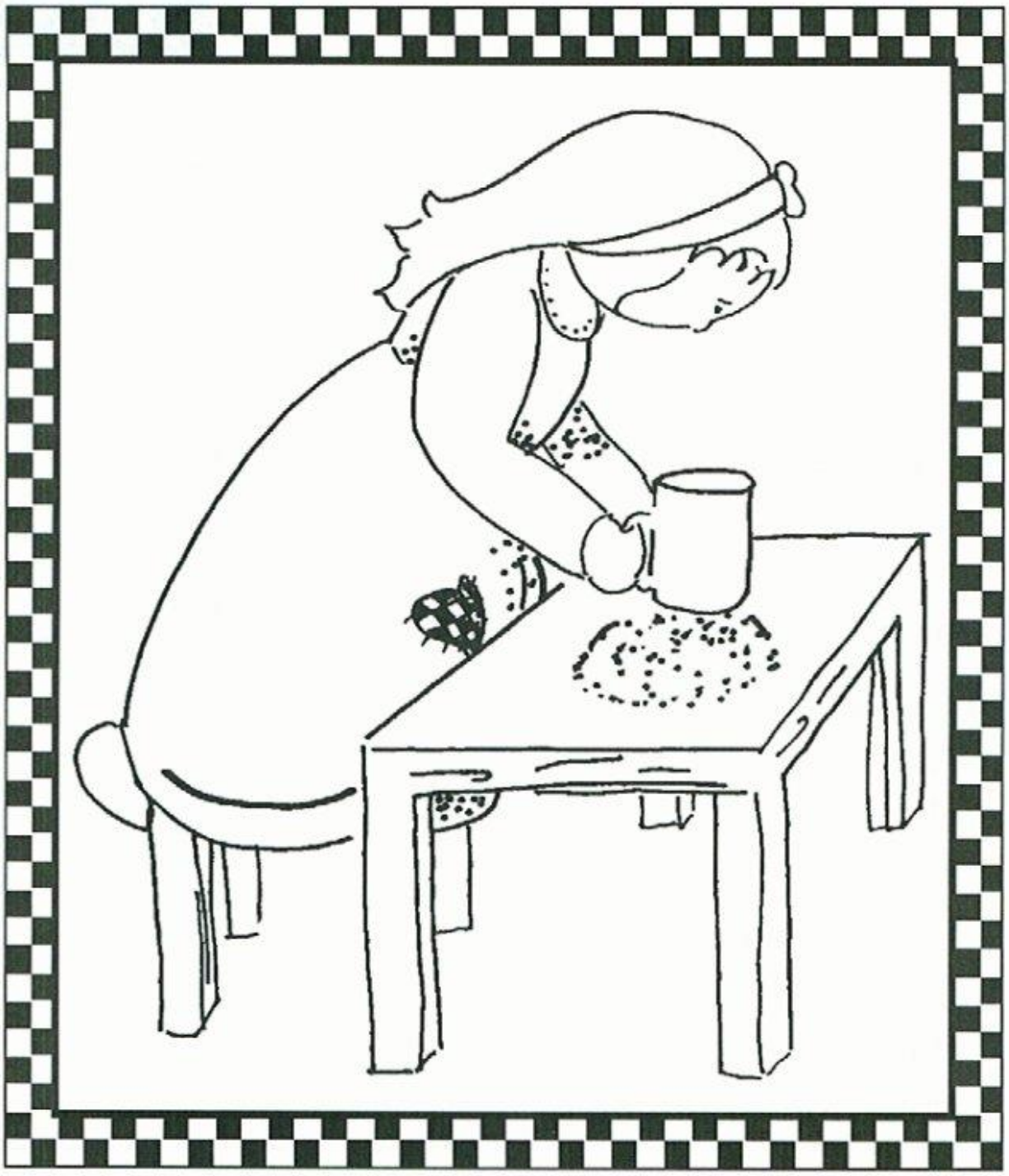
Mix in mashed banana.

Sift together dry ingredients; add to banana mixture; then mix well.

Pour into a greased loaf pan.

Bake for 30 minutes.

TASK: Make this two more times during the week without any help.



"So that he shall have no need of spoil."
Proverbs 31:11

Week Four

Baking

Why Sifting?

Did you notice that the previous recipe called for you to sift your flour? Did your mother help you with this?

Experiment:

1. Take one cup of regular flour and put it in a bowl.
2. Take one cup of regular flour and place it in your sifter. Sift the flour so there is one cup.
3. How much flour do you have left over?
4. Do you see the difference between the sifted and non-sifted flour?

This makes a big difference when cooking.

Bread Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

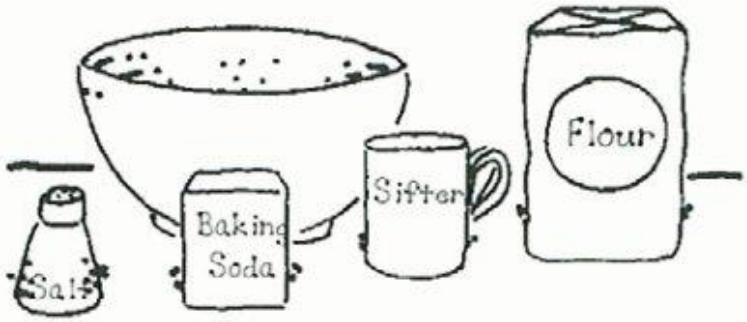
Do you have all the ingredients?

(You will need Mom's help)

Baking Powder Drop Biscuits

2 cups sifted all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening
1 cup milk

1. Sift dry ingredients into a bowl.

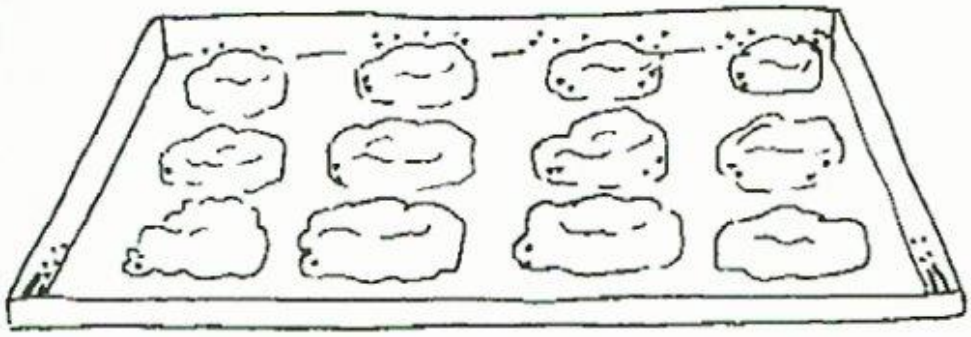


2. Cut in the shortening until it looks like course crumbs. (Mother will help you.)

Baking

3. Make a big hole in the center of your mix. Add milk all at once. Stir quickly with a fork until the dough moves around the bowl.

4. Drop the dough onto an ungreased baking sheet and bake at 450 degrees for 12 minutes.



TASK: Practice making these this week until you have perfected them and can make them all by yourself.

"She will do him good and not evil all the days of her life."
Proverbs 31:12

Week Five

Baking

Grains

Hope has collected a variety of different grains on the opposite page. Can you name them?

There are a number of different grains that we can use to bake with.

The most popular in our society is wheat. Can you think of what we make out of wheat? Wheat flour! Wheat flour is one of the basic ingredients we use to make most of our baked goods.

We also can make flour from:

1. Barley
2. Cornmeal
3. Rolled Oats
4. Potatoes
5. Rice
6. Rye

Bread Group

Apron?

Hair back?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Hope's Corn Bread

1 cup sifted all-purpose flour
1/4 cup sugar
4 teaspoons (tsp.) baking powder
3/4 teaspoon salt
1 cup yellow cornmeal
2 eggs
1 cup milk
1/4 cup shortening

1. Sift flour with sugar, baking powder, and salt.

2. Mix in cornmeal.

3. Add eggs, milk and shortening.

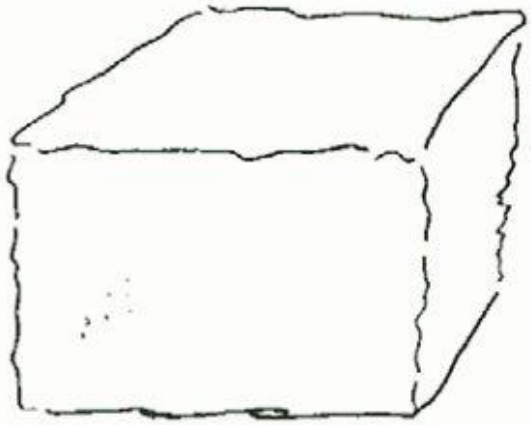
4. You can beat with an electric beater or you can beat really fast with a large wooden spoon.

5. Pour into a greased 9" x 9" pan.

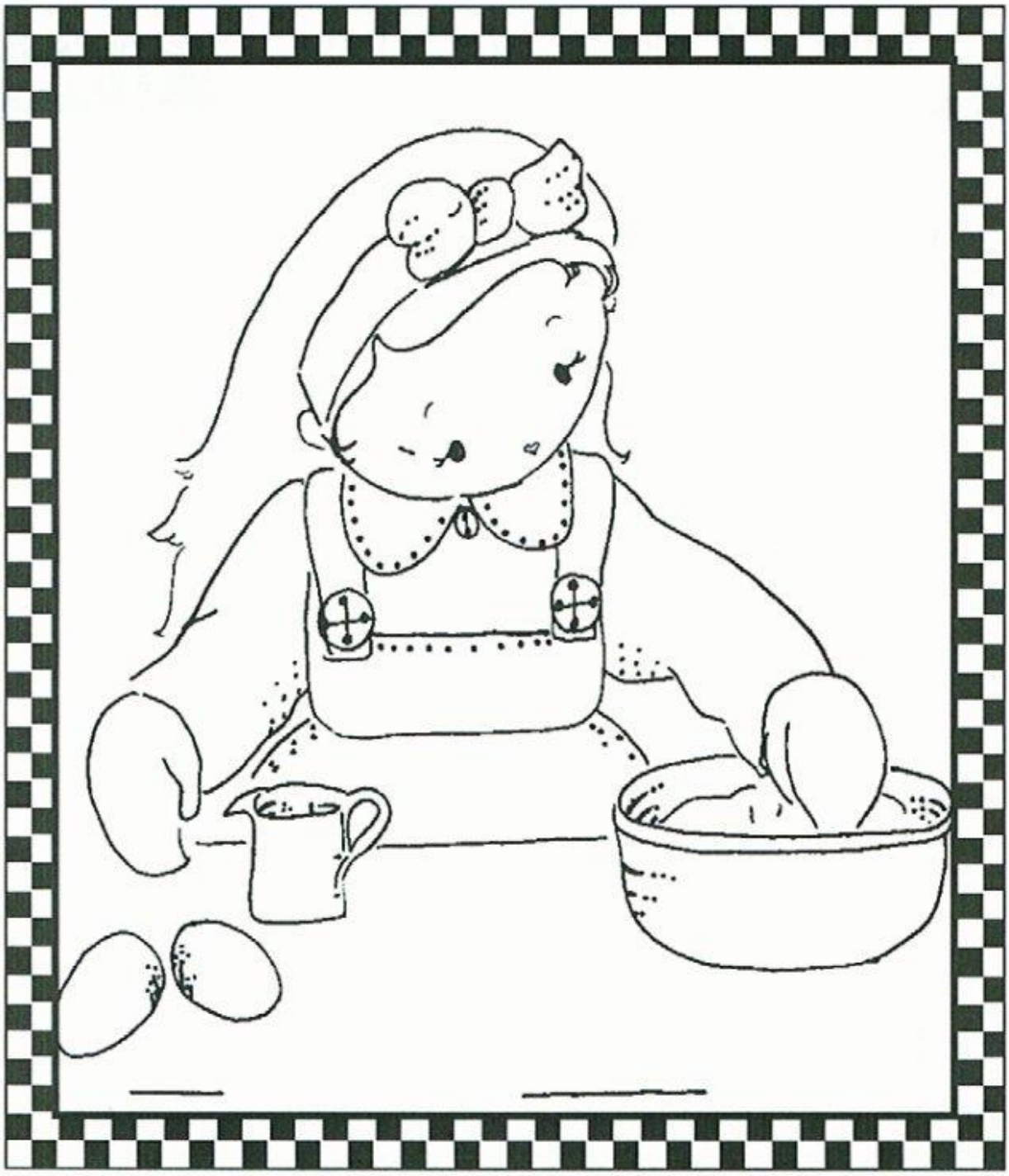
Baking

6. Bake at 425 degrees for 25 minutes.

Corn Sticks: If your mother has corn stick pans, you can spoon the batter into these, after they are greased. Bake for only 15 minutes.



Task: Practice making these during the week in different baking containers. You can make them in cupcake tins, a square cake pan, a bread pan, or corn stick pans. Serve them with butter, honey, peanut butter, jelly or something you like!



"She seeketh wool and flax..."
Proverbs 31:13

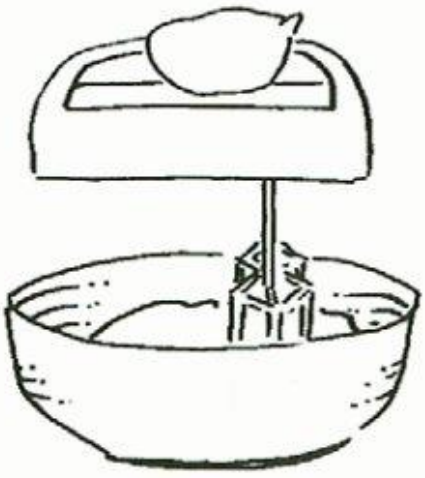
Week Six

Baking

Dry and Wet Ingredients

When baking, you usually sift your dry ingredients into a bowl and make a well or hole in the center.

Next, combine your wet ingredients, such as eggs, milk and oil in another bowl. Sugar is included in the wet mix after the other items are beaten well.



We're going to learn about making muffins this week!

Remember, unless a recipe specifically tells you to do so, do not ever mix all your dry and wet ingredients together at the same time. It will not be blended properly and your food texture will not turn out right.

Remember to NEVER over-beat your batter as this causes the muffins to be tough and to have a texture with lots of holes.

For most muffins, you stir just a few strokes when combining wet and dry ingredients.

Bread Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Hope's Basic Muffin Mix

2 cups sifted all-purpose flour
1/3 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 well-beaten egg
1 cup milk
1/3 cup oil or melted butter

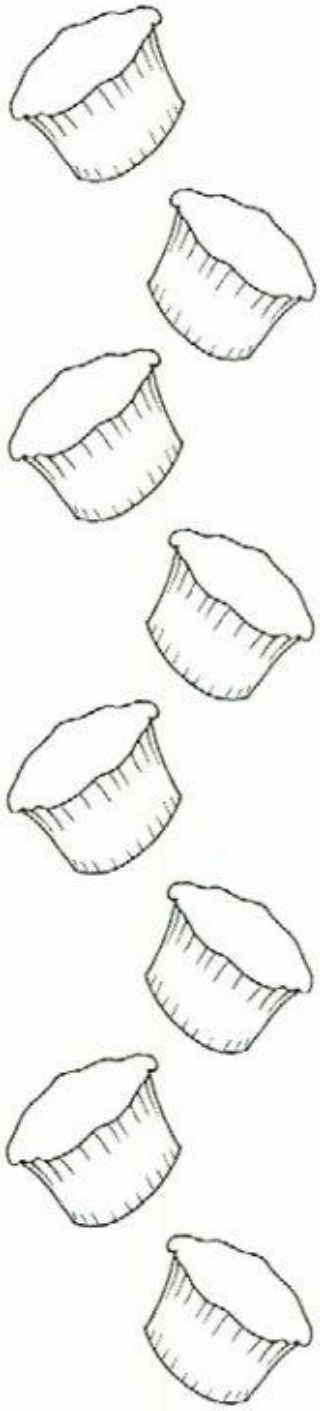
1. Sift your dry ingredients into a bowl and make a hole in the center.
2. Combine your egg, milk and oil. Add all at once to dry ingredients.

Stir just until all is moistened.

3. Fill greased muffin pans 3/4 full.

4. Bake at 400 degrees for 25 minutes.

Baking



TASK: This week practice making the following muffins.

Use the following variations:

Raspberry Muffins: Add 1 cup fresh or frozen raspberries to the batter above.

Blueberry Muffins: Add 1 cup of fresh or frozen blueberries to the batter.

Cinnamon Raisin Muffins: Add 1/2 cup of raisin and 1 teaspoon of cinnamon to batter.

"...And works willingly with her own hands."
Proverbs 31:13

Week Seven

Baking

Learning About Yeast

Hope has something in her bowl. It is very temperamental and you have to be careful using it. It is called *yeast*, and it the special ingredient that causes bread to rise.

Yeast has to be treated just right. In order to have it prepared properly you must mix it with water. But the water must be just right. It cannot be too hot or too cold or the *yeast* will die. The water which allows *yeast* to grow should be warm.

You can test the water by placing it on your skin. It should be warm, but not uncomfortable.

This is important for you to know because of our next project.

TASK: In a small metal bowl, place one cup of warm water. Dissolve 1 teaspoon of sugar in the water. Next, sprinkle 2 teaspoons of yeast over the top of the water.

Now leave it for a few minutes to absorb the warm liquid. What has happened? It should be bubbling. This means that it is starting to grow. This growth is what makes the bread rise.

Bread & Dairy Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Homemade Pizza Crust

1 tablespoon (1 package) yeast
1 1/2 cups warm water
1 tablespoon salt
3 1/3 cups white flour
2 tablespoons oil
Cornmeal

Topping: Tomato Sauce, garlic salt, cheese

1. Dissolve the yeast in a large bowl with 1/2 cup of warm water. In small cereal bowl, pour 1 cup warm

water and add the salt. Pour over dissolved yeast.

Baking

2. Add oil and 3 cups of flour.

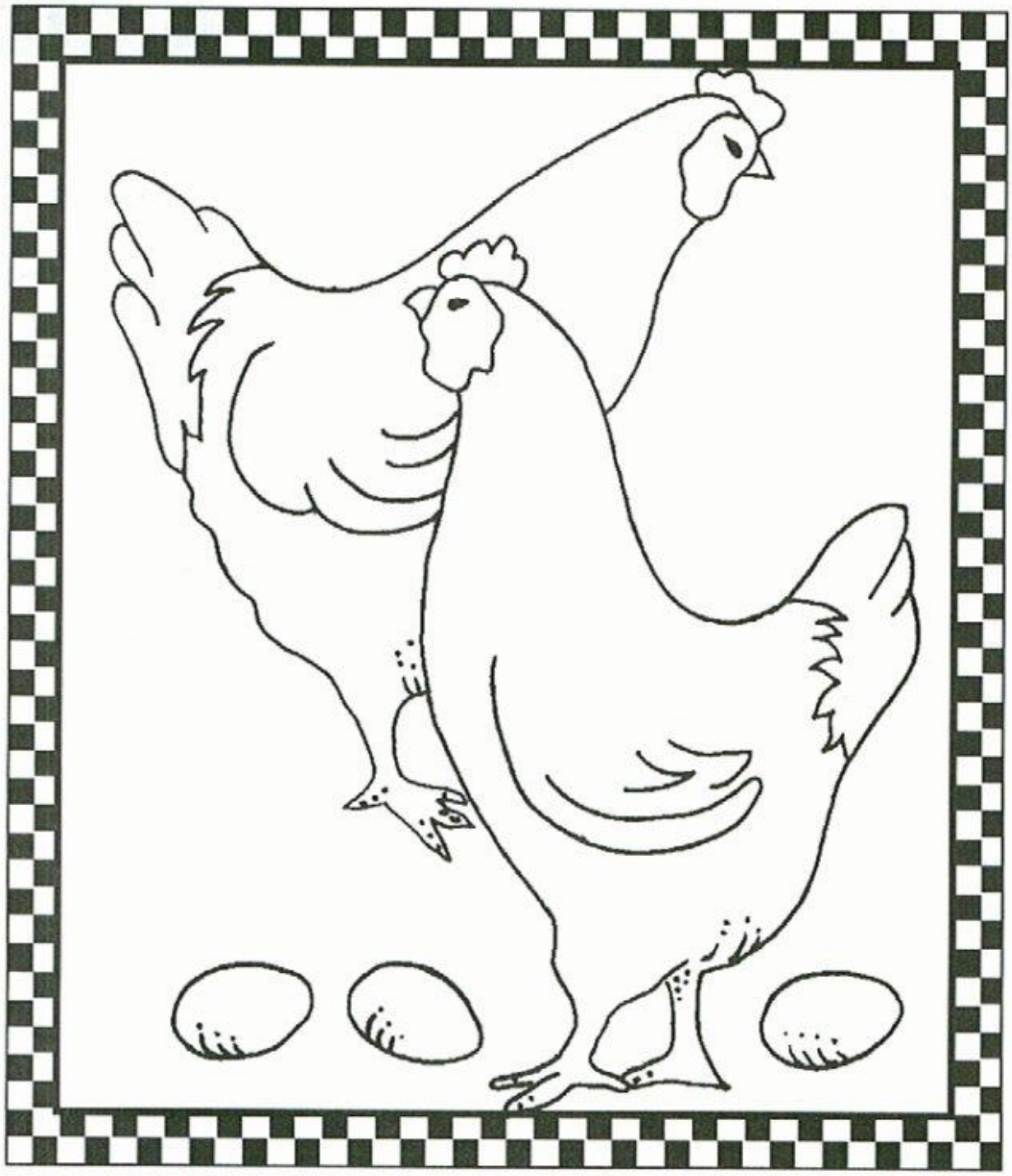
3. With your hands, work the dough on a floured counter top surface. Knead it, pound it, until it feels elastic and smooth, about 11 minutes.

3. Clean your large bowl and then grease it. Return your dough and cover with a towel or plastic. Put on top of your refrigerator, and let rise for about 1 hour, until double in size.

4. After doubled, punch down and spread on a greased cookie sheet. Use cornmeal to dust. (You need to grease your hands as well.)

5. Use tomato sauce with garlic sprinkled on top as your pizza sauce. Top with grated cheese and bake at 425 for about 13 minutes.

TASK: Make pizza variations for this week's project. You can even freeze pizzas for later!



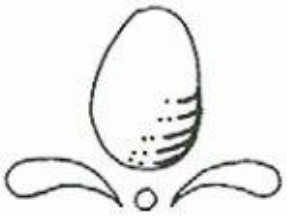
"She is like the merchant's ships; and brings her food from afar."
Proverbs 31:14

Baking

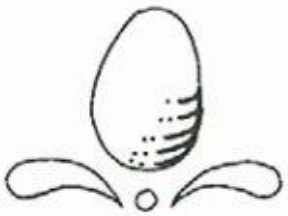
Week Eight

Bread Without Leaven

We learned about yeast in the last lesson. Yeast is what makes bread rise. Did you know that eggs can do the same thing?

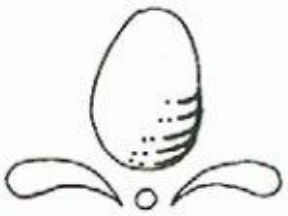


In this next lesson we are going to use eggs as leavening in our recipes.



HOPE'S PUFFOVERS

Makes 16



2 cups flour
1 teaspoon salt
6 eggs
4 tablespoons melted butter
2 cups milk

Bread, Meat & Dairy Group

Apron?

Hair in a pony tail?

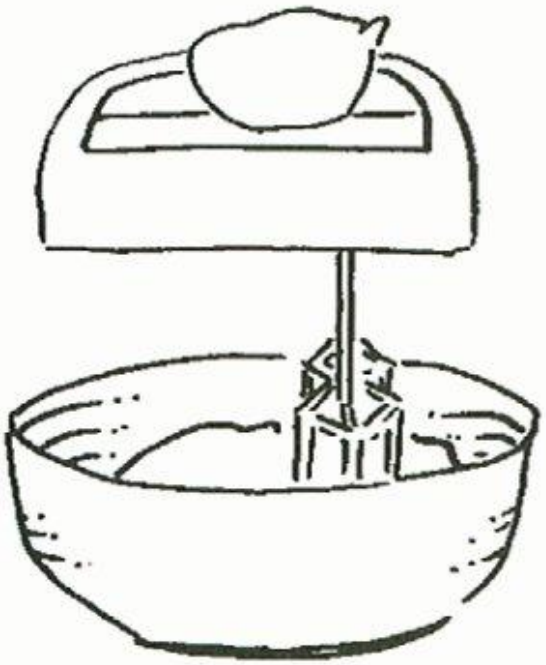
Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

This is a very easy recipe because you do not have to divide your wet and dry ingredients. (This is not normally the case.)

1. Place all your ingredients in a large bowl. Using an electric mixer, blend thoroughly, making sure to scrape your edges as you go. You can also make this recipe in a blender, but you must have your mother's help.

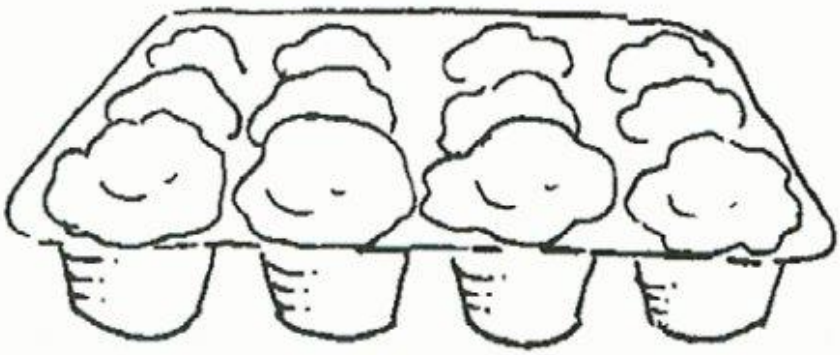


Baking

2. You can either make individual puffs, or you can make one large puff in an oblong (rectangle) cake pan.

Grease your choice of pan.

3. Place them in the oven and then turn the heat to 400 degrees. Bake for 40-50 minutes, until puffed and very lightly brown around the edges.



Practice making these for breakfast this week. Serve with syrup, jam, or salsa! Make it different each day.

"She riseth also while it is yet night..."
Proverbs 31:15

Cooking

Week Nine

The Stove

Hope is trying out her mother's new stove. Can you help her figure out which knob goes to which burner?

Can you point to which goes to which one?

There are different levels of heat for each burner. H or High - is the hottest, and S or Simmer - is the lowest. M or Medium is in the middle. Your recipe should always tell you how hot to have the stove.

Do you remember the rules from Week Three? The same rules for baking are the same for cooking.

Dairy Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Hope's Cinnamon Hot Chocolate

2/3 cup sugar
1/2 cup cocoa powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
8 cups milk
2 teaspoon vanilla
marshmallows (optional)

1. Rinse your saucepan with cold water before adding your milk. This stops the milk from sticking.

2. Turn the burner on low.

3. Mix sugar, cocoa, cinnamon and nutmeg together.

4. Add a little bit of milk, about 1/2 cup, to the mix. Stir until everything is mixed and there are no

lumps.

5. Slowly add the rest of the milk and the vanilla. Keep stirring over the low heat.

6. Turn heat up to medium and heat until very warm, but not boiling.

7. Serve in cups with marshmallows on top. Makes 8 large servings.

Hope's Hot Chocolate Mix

7 cups non-fat dry milk
1 cup powdered sugar
2/3 cup cocoa

Stir together and store in air tight container.

To serve: Put 1/3 cup of mix into 1/3 cup of hot water. Stir. Add more hot water and fill to the top of cup and serve.

"...And giveth meat to her household, and a portion to her maidens."
Proverbs 31:15

Cooking

Week Ten

Cooking With Meat

Caution!
Meat and Sauces Bubble!

Be very careful when you are using a skillet or even a saucepan. Turn the handle away from you and away from other burners. You can use either a splatter shield or a lid when you are not stirring or turning your meat. If your meat is splattering oil, remove it until it stops and then return to stirring it.

Make sure to always cook your meat thoroughly. There are dangerous microorganisms in meat and only cooking kills them.

Real Tacos

Meat, Dairy, Vegetable & Breads

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

1 pound ground beef
1 16 oz. can tomato sauce
1 teaspoon chili powder
1/2 teaspoon cumin
1 teaspoon onion powder
1/2 pound cheddar cheese
1 large tomato, chopped
1/2 head lettuce, chopped
10-12 flour tortillas (whole wheat are better for you)
Salsa

Wrap tortillas in foil and place in oven at 250 degrees to heat while you cook.

1. Put the meat in a skillet over a burner that is on medium-high.

2. Use a wooden spoon to cook the ground beef, making sure it is not

lumpy.

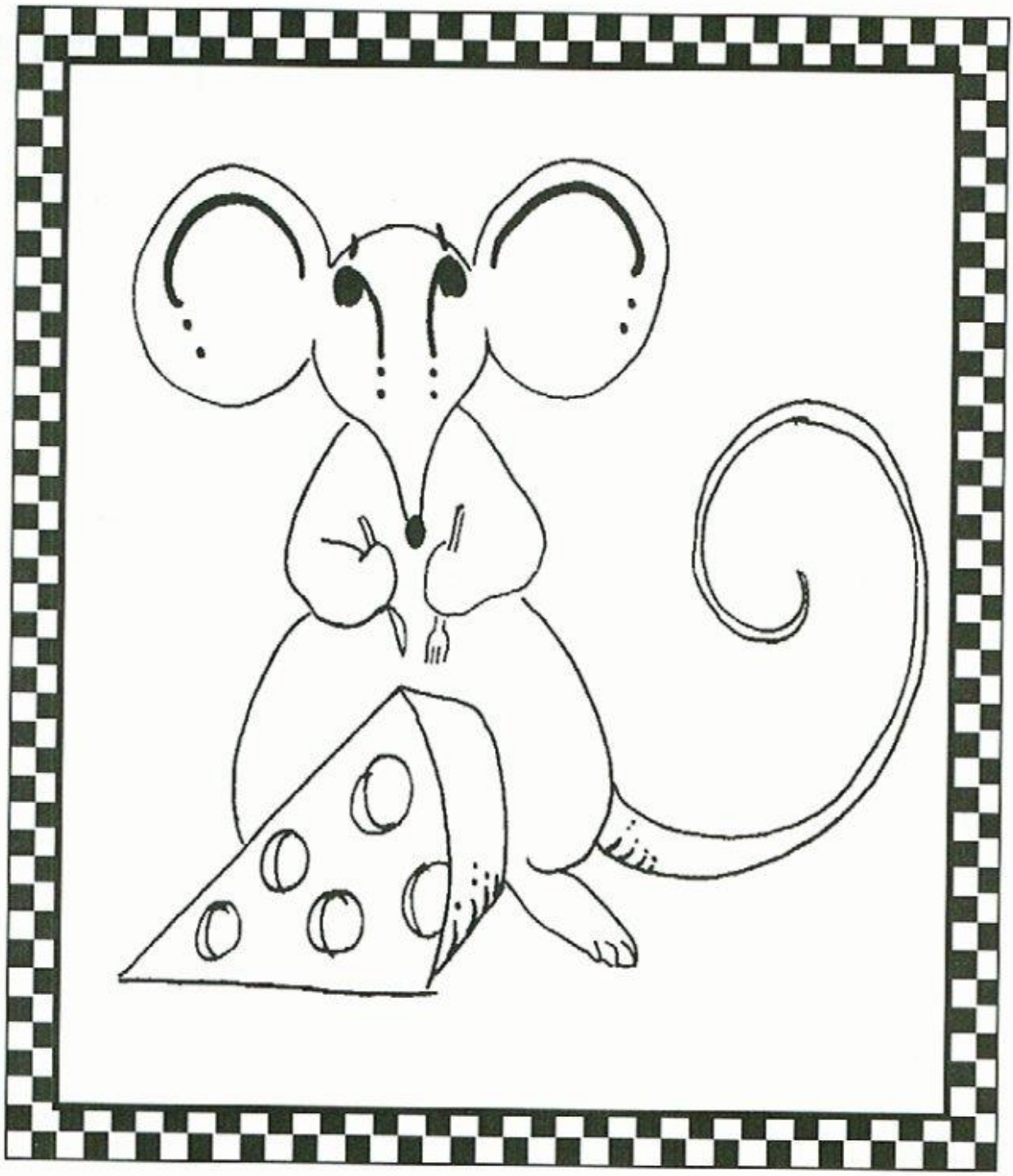
Cooking

3. Have mother help you drain off fat.

4. Add the tomato sauce, chili powder, cumin and onion powder.

5. Turn heat to simmer for the next few minutes while you prepare your tortillas and other ingredients.

6. Take tortillas out of oven and serve with meat mixture, grated cheese, lettuce and salsa.



"She considereth a field, and buyeth it..."
Proverbs 31:16

Cooking

Week Eleven

Cooking with Cheese

A very long time ago it was said that one of the descendants of Noah was carrying milk in a bag on a long journey. This bag was made from the cleaned stomach of a dead animal. When he went to get a drink of milk, he found that the milk had hardened and had curdled. This is because the stomach bag contained an ingredient called *rennin*.

The Bible tells us that Abraham gave the visiting angels curds or cheese to eat. If it is good enough for the angels to eat, then it must be mighty good for us also!

Easy Mac and Cheezy

Bread & Dairy Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

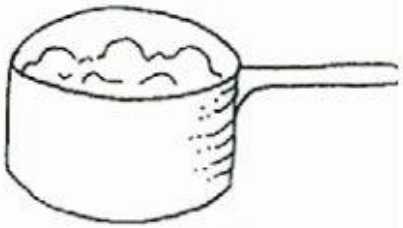
1/2 cup chopped onion
4 cups cubed American Cheese
4 cups of milk
1/4 cup butter or margarine
1/3 cup flour
3 cups elbow macaroni
1 teaspoon salt and dash of pepper

1. In a saucepan filled with water, cook the macaroni in boiling salted (1 tsp.) water till tender; drain and set aside with lid.

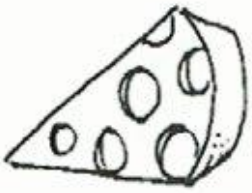
2. In a small saucepan, melt butter and lightly cook the onions.

3. In a small bowl, blend the flour and 1/2 cup of the milk with a whisk until smooth. Add another 1/2 cup of milk and whisk again.

4. Pour flour/milk mixture into the saucepan with butter and onions. Add the rest of the milk (3 cups), and add salt and pepper.



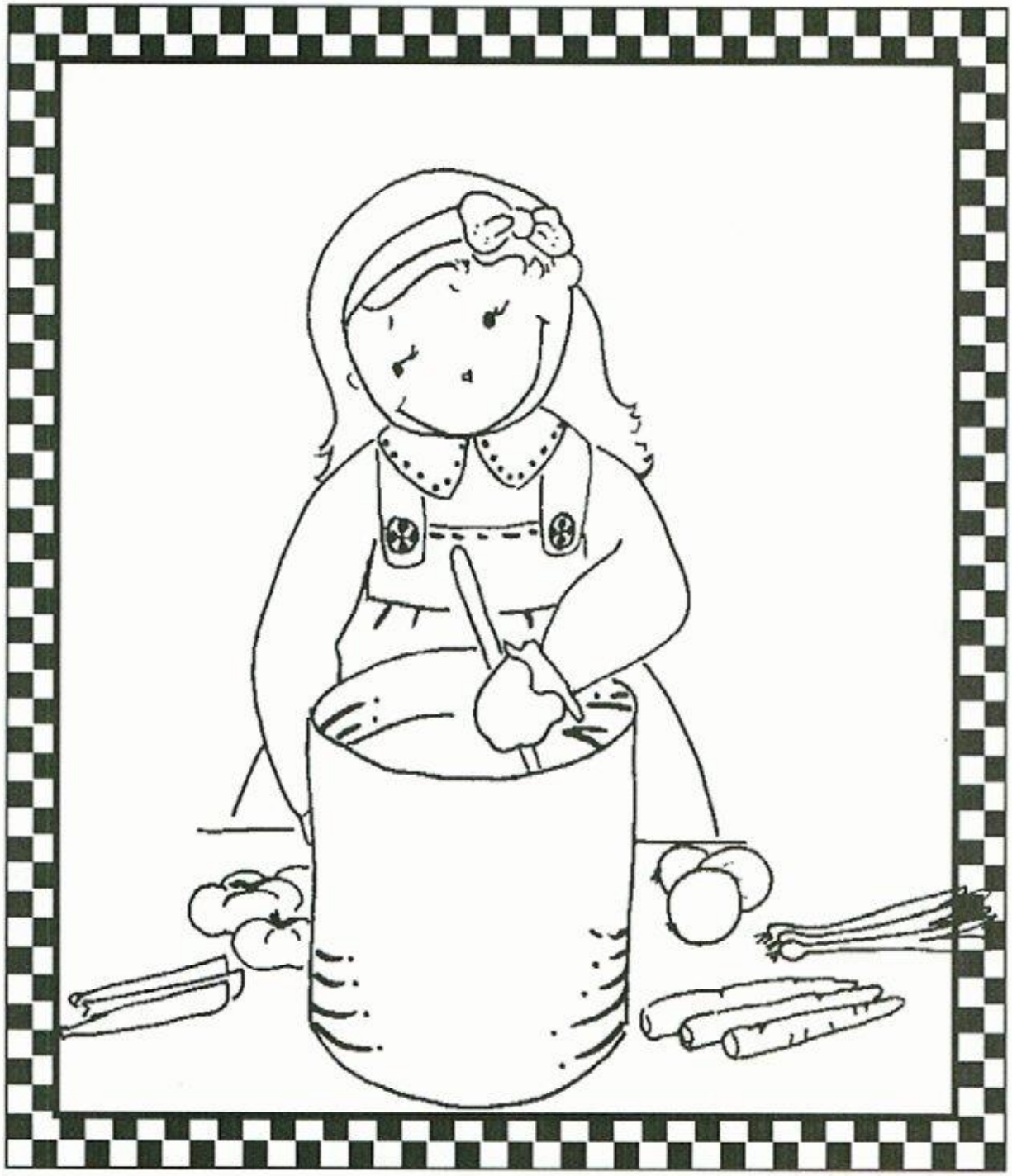
5. Cook over medium to medium high heat until the mixture starts to thicken. Stir constantly or it will burn. When mixture is thick like gravy, add the cheese cubes. Stir until melted.



6. Now add the cheese sauce to the noodles.

Practice making this once more during the week. You can add chopped turkey or luncheon meat, tuna, canned peas or peas and carrots. Or, you can serve it plain but with grated cheese over the top.

Congratulations on your accomplishment in mastering white sauce!



"...With the fruit of her hands she planteth a vineyard."
Proverbs 31:16

Cooking

Week Twelve

Making Clear Soups

Hope is making soup. She is putting everything but her kitchen sink in the pot!

There is no need to open cans of soup which are not as nutritious for your family as home-made.

Soups can be made from left-overs or veggies in the refridgerator.

Remember to always make a good, strong broth. Boullion cubes are an excellent way to make broth. Chopped onions also make a difference in the taste and smell.

Can you name the items Hope is putting in her soup to make it smell and taste good?

Bread, Meat & Vegetable Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Homemade Chicken Vegetable Soup

2 cups chopped chicken breasts
10 cups water
10 chicken boullion cubes
1/2 cup chopped onion
1/2 teaspoon pepper
2 cups chopped celery
2 cups rizo pasta or egg noodles

1. In large kettle, cook chicken over medium-high heat in 1 tablespoon of oil.

2. Add chopped vegetables and cook until tender.

3. Add water and boullion cubes. Place lid on kettle and turn heat on high so it boils. Stir and when the broth starts to boil, add the noodles.

Cooking

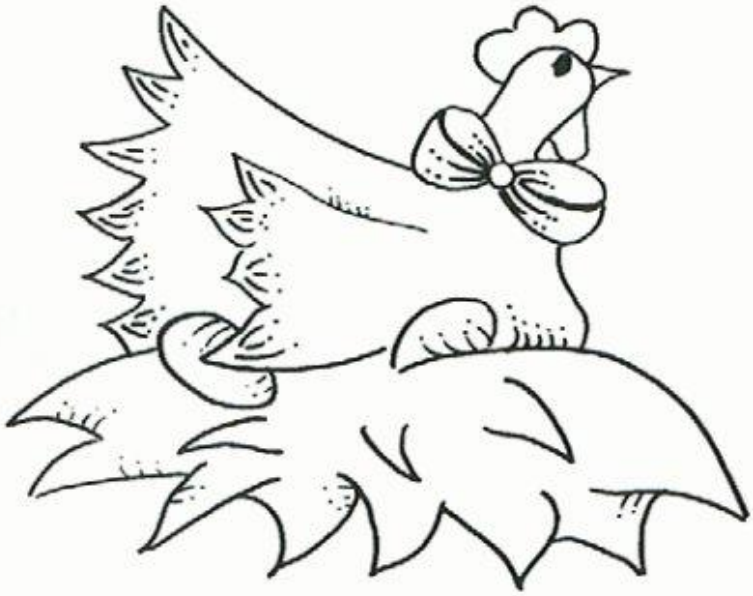
4. Reduce heat to simmer and serve when noodles are tender.

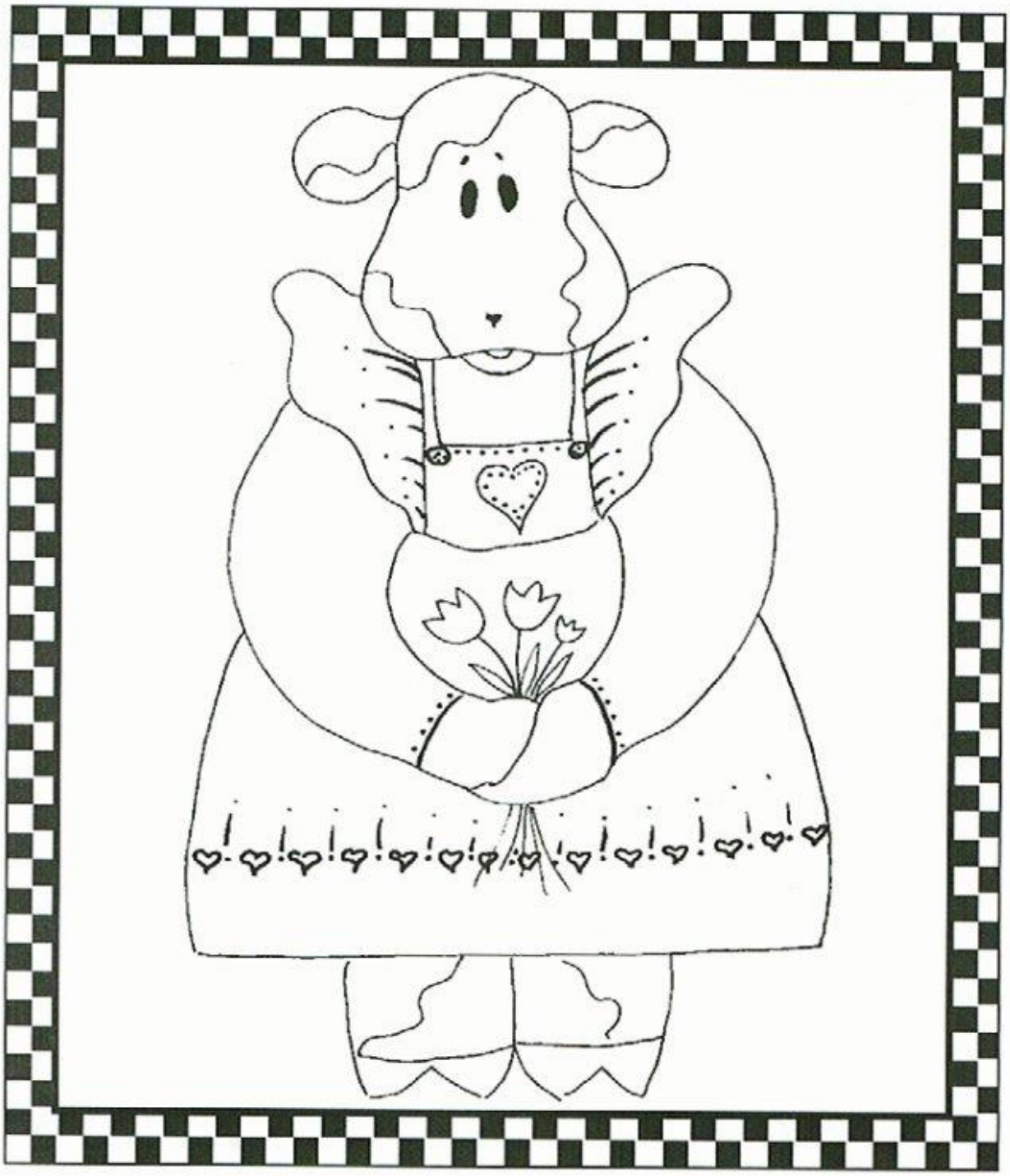
Practice making different types of chicken soup this week.

Variations:

1. Chicken and Rice soup: Instead of noodles use brown or white rice.

2. Chicken and Tomato Rice soup: Add one can of chopped tomatoes when you add your water.



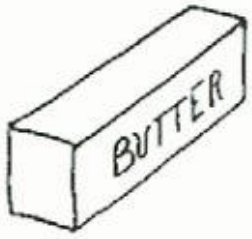


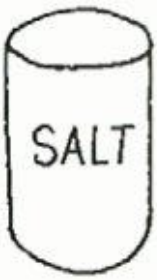
"She girdeth her loins with strength, and strengtheneth her arms."
Proverbs 31:17

Cooking

Week Thirteen

Making Cream Soups





You have already mastered a white sauce when you made Macaroni and Cheese. Cream soups have the same white sauce as a base.

Cream soups are wonderful in winter. You can lower the fat content by using skim or 1% milk.

Hope has learned the secret of easy cream soups. She sautes (cooks until tender) her vegetables in a separate skillet and then simply adds them to a white sauce.

Can you see the ingredients she is using for her white sauce? Do you remember the basics?

Bread & Dairy Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Basic White Sauce for Soups

1/2 cup butter or margarine
1 cup of flour
8 cups of milk
1 tablespoon salt

1. Place your butter in a large soup pot or kettle and turn the burner on low. While it is melting:

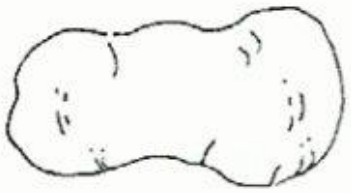
2. Whisk the flour with two cups of milk in a bowl. Slowly add two more cups of milk after that is whisked.

3. Add the flour and milk mixture to the melted butter in the kettle. Whisk together and add remaining milk. Take off burner and set aside.

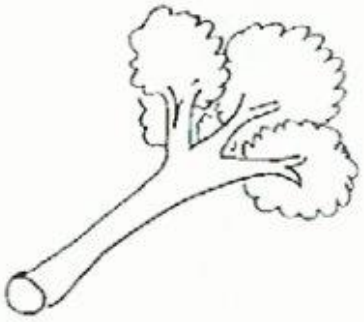
TASK: Use this basic cream sauce for the following recipes this week:

Cooking

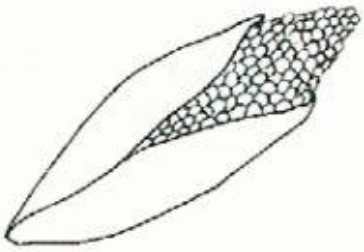
Potato Soup: Place 4 cups of peeled, cubed potatoes and 1 chopped onion in 4 cups of water in a pot. Turn the heat to high and when it comes to a boil, put a lid on the pan and then turn the heat to simmer. Let cook for 15 minutes. Drain water. (Mom needs to help.) Add to your cream sauce and cook on high until the sauce thickens. Serve.



Broccoli Cheese Soup: Place frozen broccoli in the cream sauce, along with 3 cups of grated cheese. Turn on high and stir until the sauce thickens and the broccoli cooks. Serve.



Corn Chowder: Add 4 cups frozen corn and 1/4 cup dried onion pieces to white sauce. Turn burner on high and stir until it comes to a boil and gets thick. Serve.



"She perceiveth that her merchandise is good..."
Proverbs 31:18

Cooking

Week Fourteen

Learning to Cook Casseroles

Hope is cooking up a storm. She has found a new dish to cook. It is called a Chicken Bake Casserole.

Can you name the different food groups that you see going into this dish?

What is a casserole? It is a funny word for a whole meal in a dish. It usually includes all of your food groups, with the exception of fruit.

We are going to try Hope's Chicken Bake Casserole also. It contains items from the protein (meats), dairy, vegetable and bread groups.

Bread, Vegetable, Protein (meat) & Dairy Group

Apron?

Hair in a pony tail?

Did you wash your hands?

Did you read the recipe?

Do you have all the ingredients?

Chicken Bake Casserole

2 cups rice
4 cups water
1 can cream of mushroom soup
6 pieces of chicken, skinned
1 16 oz. package frozen broccoli

1. In a large lasagna or rectangular pan place the rice and water. Stir.

2. Place chicken over the rice mix.

3. Layer the broccoli over the top of the chicken.

4. Spoon the Cream of Mushroom soup over the top of the broccoli.

5. Place foil over the top and make sure that all the edges are sealed.

6. Bake in the oven at 350 degrees for one hour.

Stove Top Beefy Casserole

Cooking

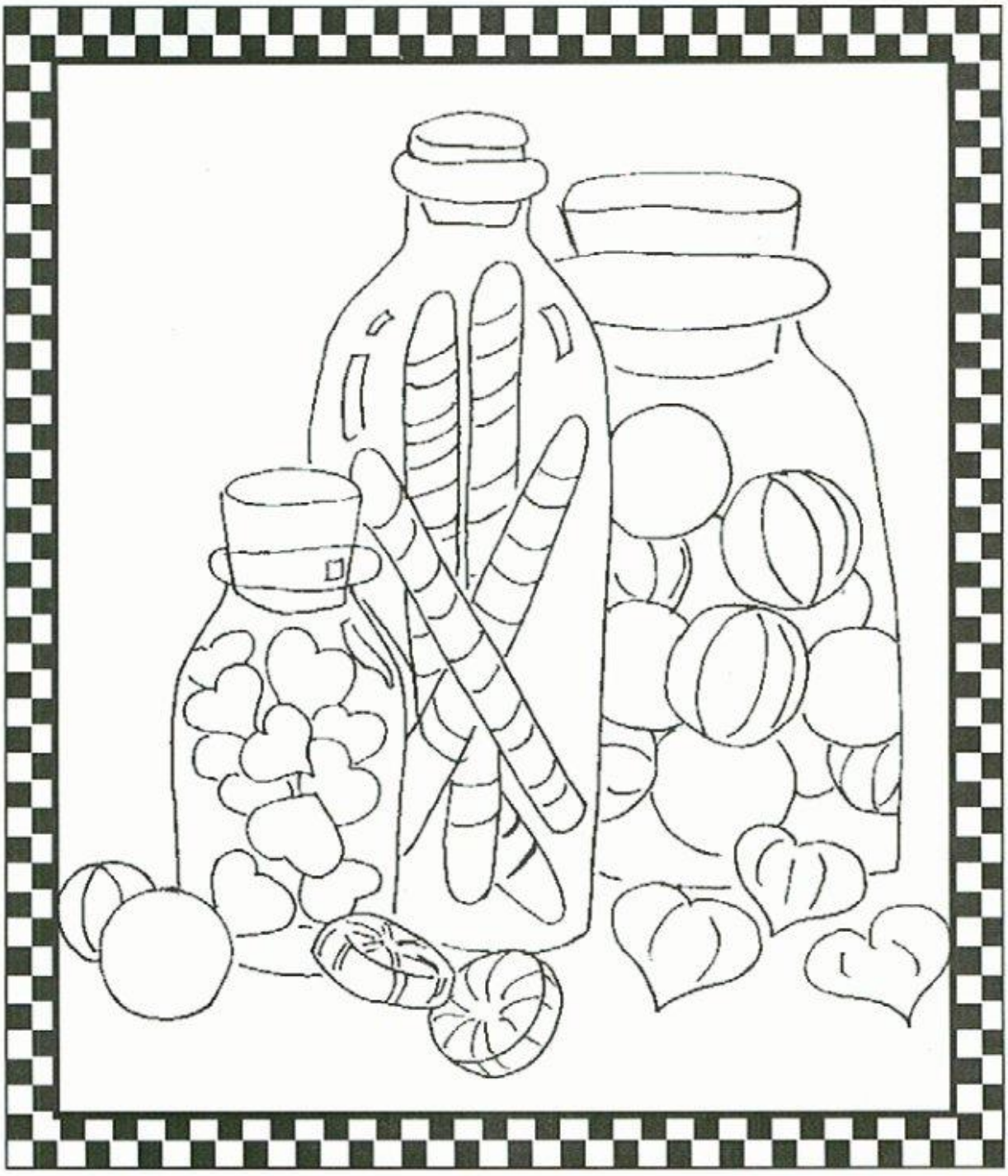
Bread, Vegetable, Protein (meat) & Dairy Group

2 cups rice
4 cups water
1 pound ground beef
1 16 oz. can chopped tomatoes
1 cup chopped celery
1/2 cup chopped onions
1 cup grated cheese

1. Brown ground beef in the pan along with the celery and onions on medium-high burner. Pour off grease (have mom help you.)

2. Add the rice, water and can of tomatoes. Turn burner on high and bring to boil. Turn to low and place lid on for 30 minutes.

3. Sprinkle grated cheese over top before serving.



"Her candle goeth not out by night."
Proverbs 31:18

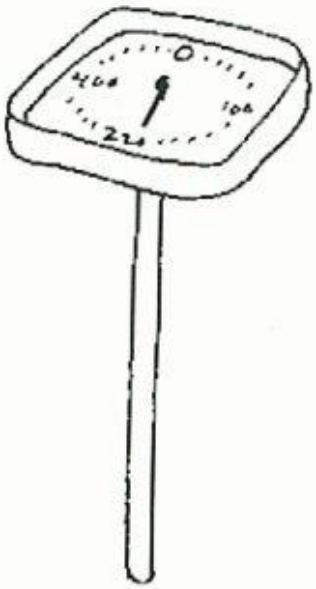
Cooking

Week Fifteen

Beginning Candy Making

Hope's mother has always told her that candy does not have much nutritional value. In other words, it is not good for her...

But a little bit of candy once in a while can be quite a treat!



Candy making is a bit tricky. You will need your mother's help. The whole secret for perfect candy is in making sure that you cook it at the right temperature. You will need a candy thermometer for this week's project.

We are going to learn about the different stages of cooking candy. Read carefully, because this is important for cooking delicious candy.

Temperatures for Candy:

Thread - Syrup dropped from spoon spins 2 inch thread. 230-234 degrees.

Soft Ball - Syrup can be molded into a ball in water, but loses shape when out of water. 234 to 240 degrees.

Firm Ball - Syrup maintains ball shape when out of water. 244 to 248 degrees.

Hard Ball - Syrup forms a hard ball, though you can still shape it. 250 to 266 degrees.

Soft Crack - Syrup separates into threads that do not break. 270 to 290 degrees.

Hard Crack - Syrup separates into hard, breaking threads. 300 to 310 degrees.

Cooking

Homemade Fudge

(You will need mother's help.)

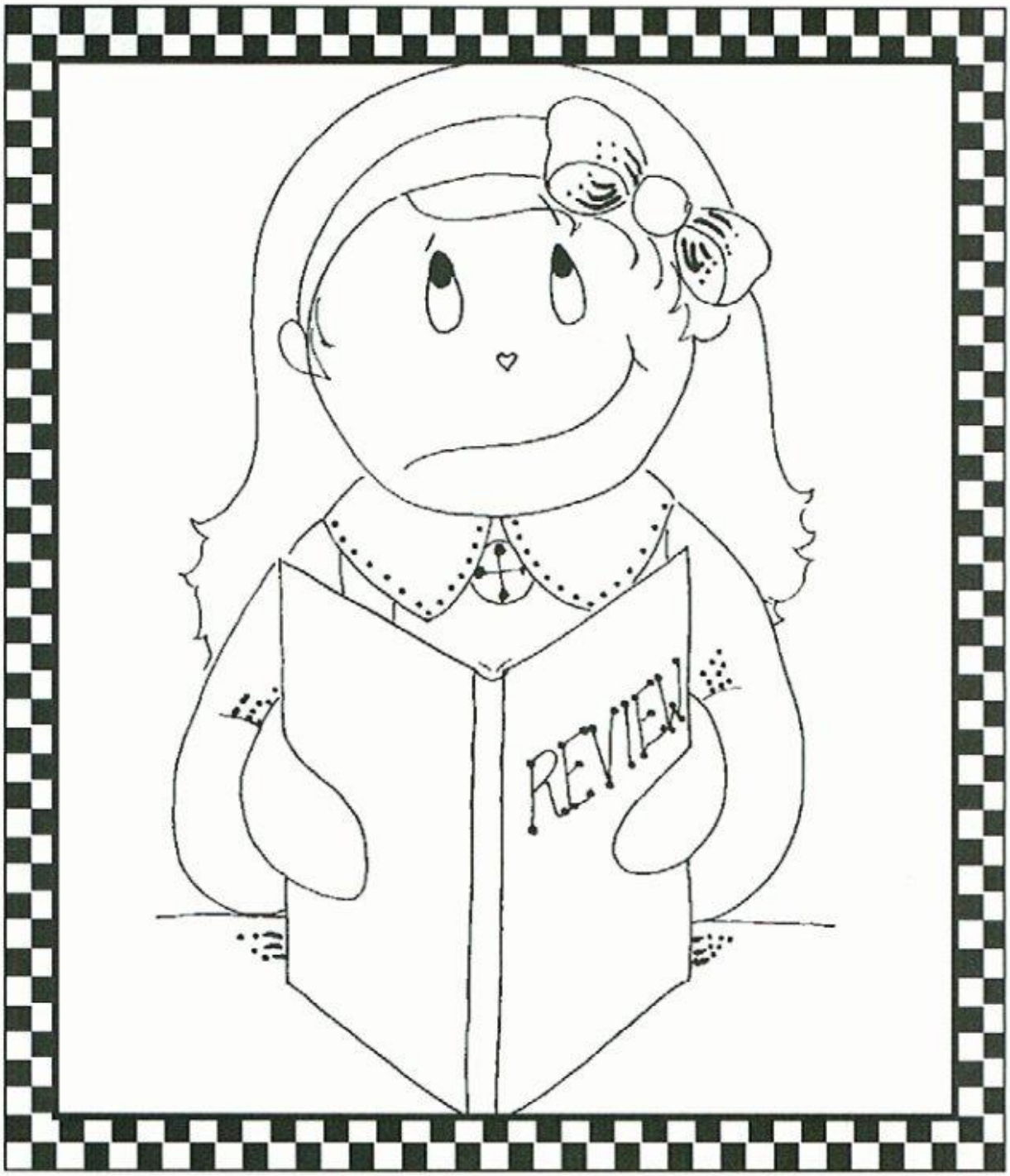
1. Butter sides of large saucepan. Add 4 cups sugar, one 14 1/2 ounce can evaporated milk, and 1 cup of butter.

2. Cook over medium heat to soft ball stage (236 degrees). You must stir all the time.

3. Stir in one 12 ounce package of semisweet chocolate chip pieces until almost melted.

4. Stir in one 7-ounce jar of marshmallow creme, 1 1/2 teaspoon vanilla and 1 cup of nuts. Beat until chocolate melts. Pour into buttered 13x9x2 inch pan. Cut when cold.

Butter the sides of your saucepan, from the top to the bottom. This will stop the sugar from forming crystals when the fudge starts to boil.



"She layeth her hands to the spindle, and her hands hold the distaff."
Proverbs 31:19

Cooking

Week Sixteen

Let's Review Cooking

You have learned quite a lot about cooking!

On a separate sheet of paper answer the following questions:

1. Which food groups do the following recipes contain? (You can look this up in the book.)

a. Banana Coffee Bread (pg 17)
b. Drop Biscuits (pg 20)
c. Hope's Corn Bread (pg 24)
d. Muffin Mix (pg 28)
e. Homemade Pizza (pg32)
f. Hope's Puffovers (pg 35)

g. Cinnamon Hot Chocolate (pg 40)
h. Real Tacos (pg 44)
i. Easy Mac and Cheezy (pg 48)
j. Homemade Veg. Chicken Soup (pg 52)
k. Potato Soup (Pg 57)
l. Brocolli Cheese Soup (pg 57)
m. Chicken Brocolli Casserole (pg 60)
n. Stove Top Beefy Casserole (pg 61)

2. On your paper, list the five rules that you must remember before cooking. (pg 15)

3. List the four rules that you must remember after cooking. (pg 16)

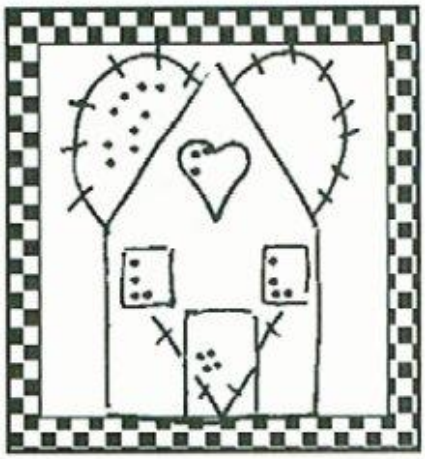
4. When you are sifting flour, which uses less from the sack, sifted or non-sifted?

5. Which flour is lighter, sifted or non-sifted?

6. When mixing dry ingredients with wet ingredients, explain what you would do with the following: flour,

eggs, butter, oil, baking soda, milk, salt.

Cooking



6. Without looking back, describe how you make a white cream sauce?

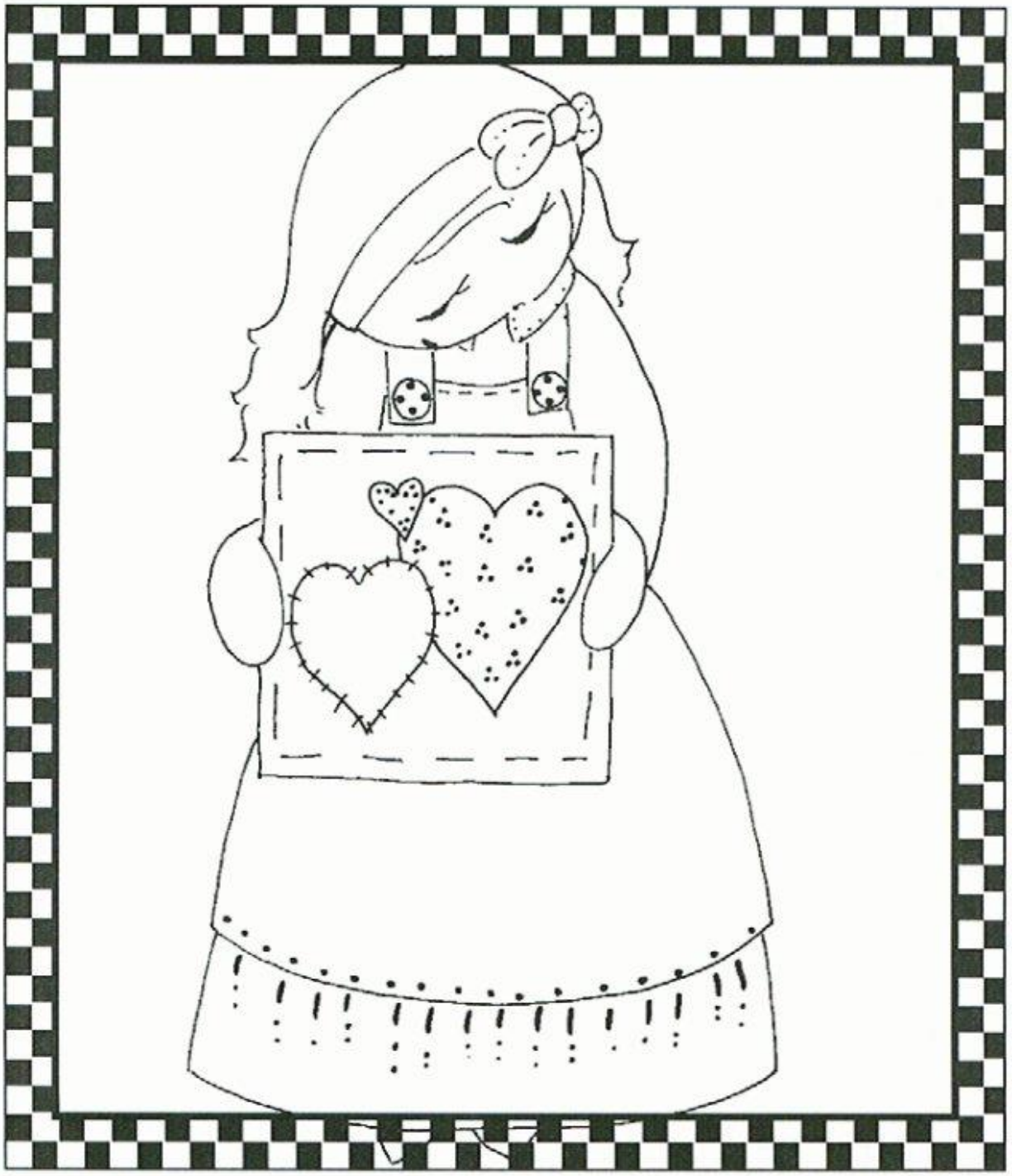
7. What stops milk from sticking to the sides of a pan?

8. What causes muffins to have holes in the texture?

9. How do you stop meat from splattering? (There could be three answers for this one.)

10. Which is better for your body, brown rice or white, bleached rice? Whole wheat flour or white? Why?

Test: This week, make one bread, one pot of soup, and one casserole with no help from mother.



"She stretcheth out her hand to the poor..."
Proverbs 31:20

Sewing

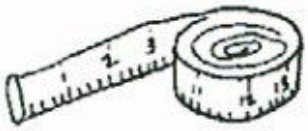
Week Seventeen

Items You Need for Sewing

Hope has a new sewing basket. Her mother has made a list of all the items she will need for her to begin sewing.

Can you match the items with the names on a separate sheet of paper?

a.



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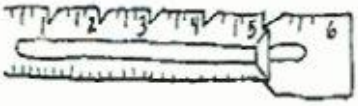
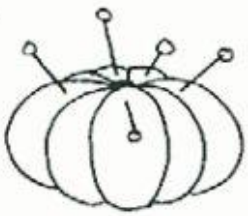
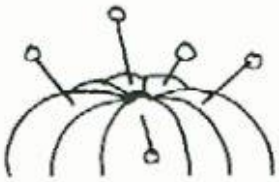
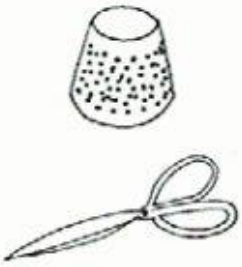


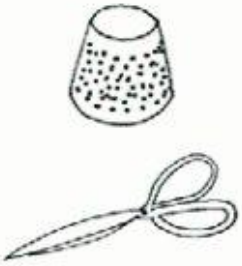
c.



d.

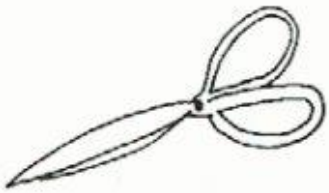






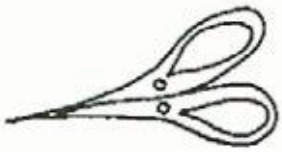
e.

f.



g.

h.



i.

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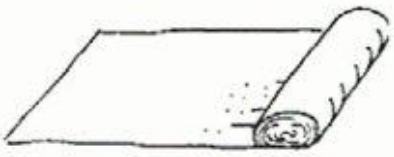

k.

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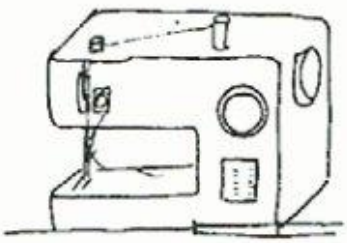


Sewing

___ Tape measure
___ Fabric scissors
___ Sewing gauge
___ Needles
___ Embroidery scissors
___ Pins
___ Pincushion
___ Thimble
___ White Pencil
___ Thread
___ Fabric
___ Magnetic seam guide
___ Emery bag
___ Sewing Machine

Project: This week, have mother help you obtain your own sewing essentials.

Try to find these items at a discount price. Many sewing stores such as JoAnn's or Hancock Sewing offer discontinued items on sale.

Take your list with you when you go to shop for your items.

"Yea, she reacheth forth her hands to the needy."
Proverbs 31:20

Sewing

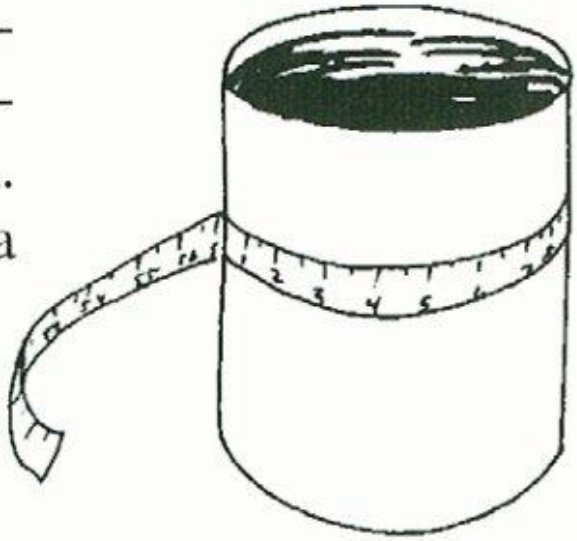
Week Eighteen

Making a Simple Sewing Kit

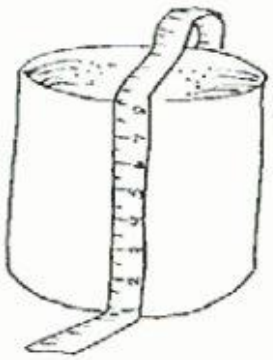
As you can see, Hope has made her own sewing kit. You can make one too! All you need are the following:

1 Large coffee can with lid
Tacky Glue
3/4 yards of Fabric
1 1/4 yards of 1/4 inch lace

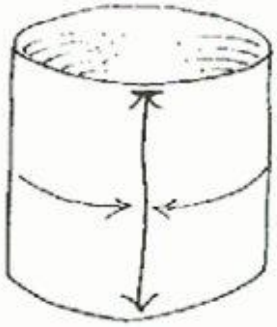
1. Take your tape measure and measure the diameter around your can. Write that down on a piece of paper:



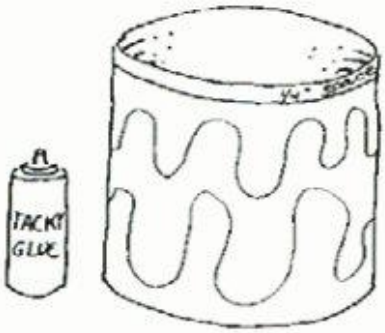
2. Measure the length from the top to bottom of the can, minus 1/4 inch. Write that down.



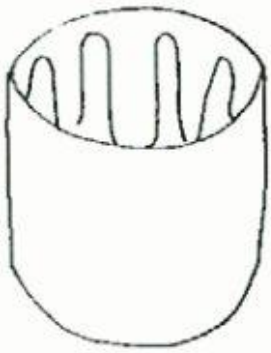
3. Cut two pieces of material that are the width of the diameter x (by) the length of the can.



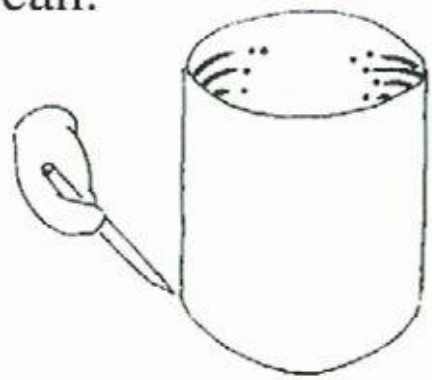
4. Glue on the outside of the can, leaving 1/4 inch from the top so the lid can still go on.



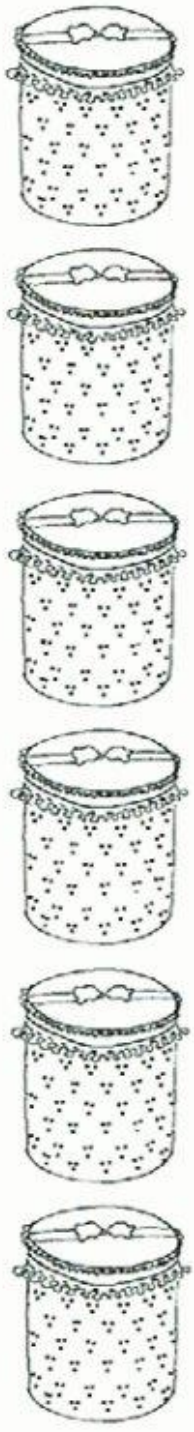
5. Glue the other on the inside of the coffee can, just like you did on the outside.

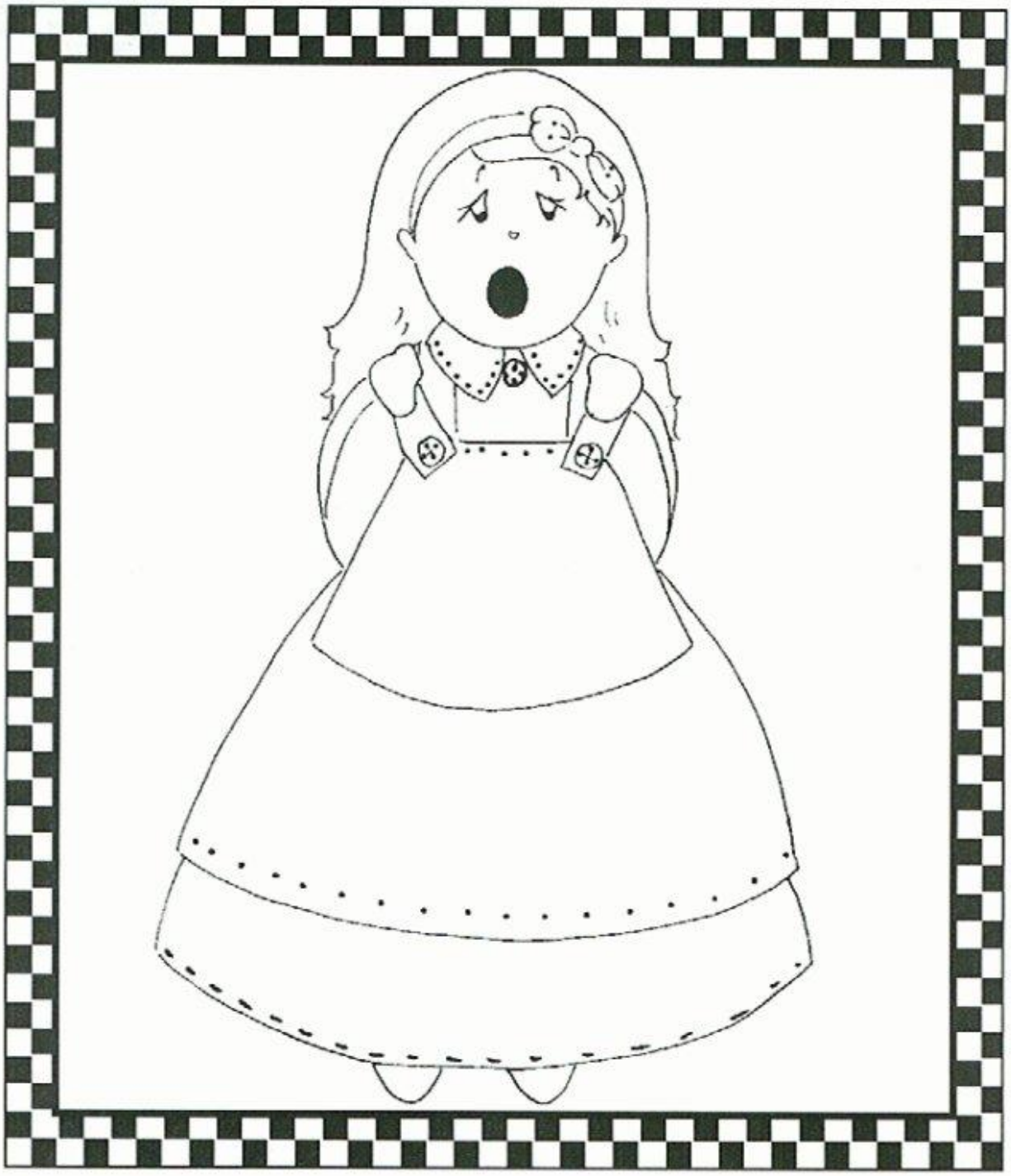


6. Take your can and use the bottom to draw a circle on your fabric. Cut out circle and glue inside bottom of can.



7. Decorate outside with lace.





"She is not afraid of the snow for her household..."
Proverbs 31:21

Sewing

Week Nineteen

Hand Stitching

Hope has been practicing to thread her needle. She used to bring the needle to her thread, but found it much easier to bring the thread to the needle!

Before we hand stitch our project it is very important to remember this rule:

Always pre-wash your fabric and iron it flat.

Have mother help you iron the fabric after it is washed. The reason you do this is because some fabric will shrink after a wash. Wouldn't that be awful if you made a skirt and after you washed it, it was too small?

How to Thread a Needle:

-Use a length of 20 inches, so it will not get tangled.

-Cut your thread at a slant before you thread it.

-Bring the thread to the needle.

How to Tie a Knot:

-Near the end of the string, wrap the thread around your forefinger.

-With your thumb, roll the thread towards the end of the string.

-Pull the knot tightly to the end.

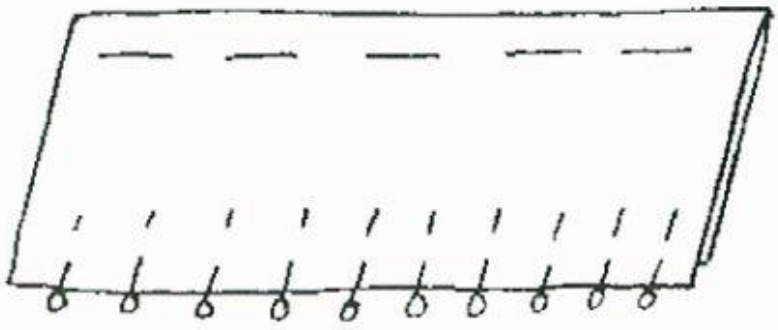
How to Use a Thimble:

Sewing

-Place the thimble on the middle finger of the hand you will use for sewing.

-Push the needle through your fabric with the thimble.

TASK: Cut 4 pieces of scrap fabric 4" x 12" long. Fold in half and practice pinning and basting (basting is sewing in long, even stitches as shown below):



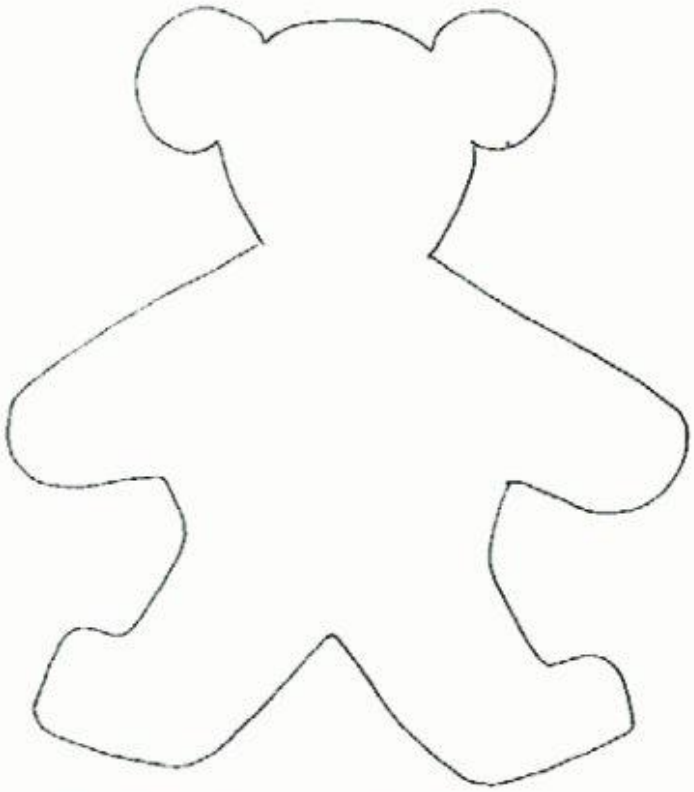
"For all her household are clothed with scarlet."
Proverbs 31:21

Sewing

Week Twenty

Making a Pincushion

Hope has made a teddy bear pincushion, which she really enjoyed making. Have mother xerox the pattern below:



Have mother enlarge this with a copy machine.

RIGHT OR WRONG?

What's the WRONG SIDE? This is the side of the material that you will usually be sewing on. It is the back-side of the material. Take a look at the material you are going to be using? Can you tell the difference between the RIGHT SIDE and the WRONG SIDE?

The RIGHT SIDE is the side that is pretty and bright. The one that will be showing when you wear your project.

The WRONG SIDE is the dull and lighter side.

What you will need:

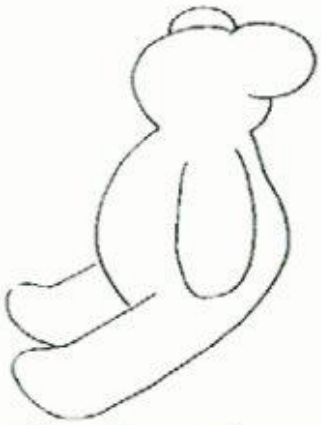
1/4 yard fabric
needle
thread
1 small bag of rice
scissors

1. Pin your pattern on your fabric and cut around the outline.

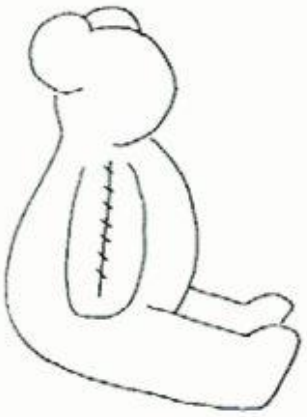
2. On the wrong side, sew 1/4" in around the paremeter, leaving a space to fill the rice.

Sewing

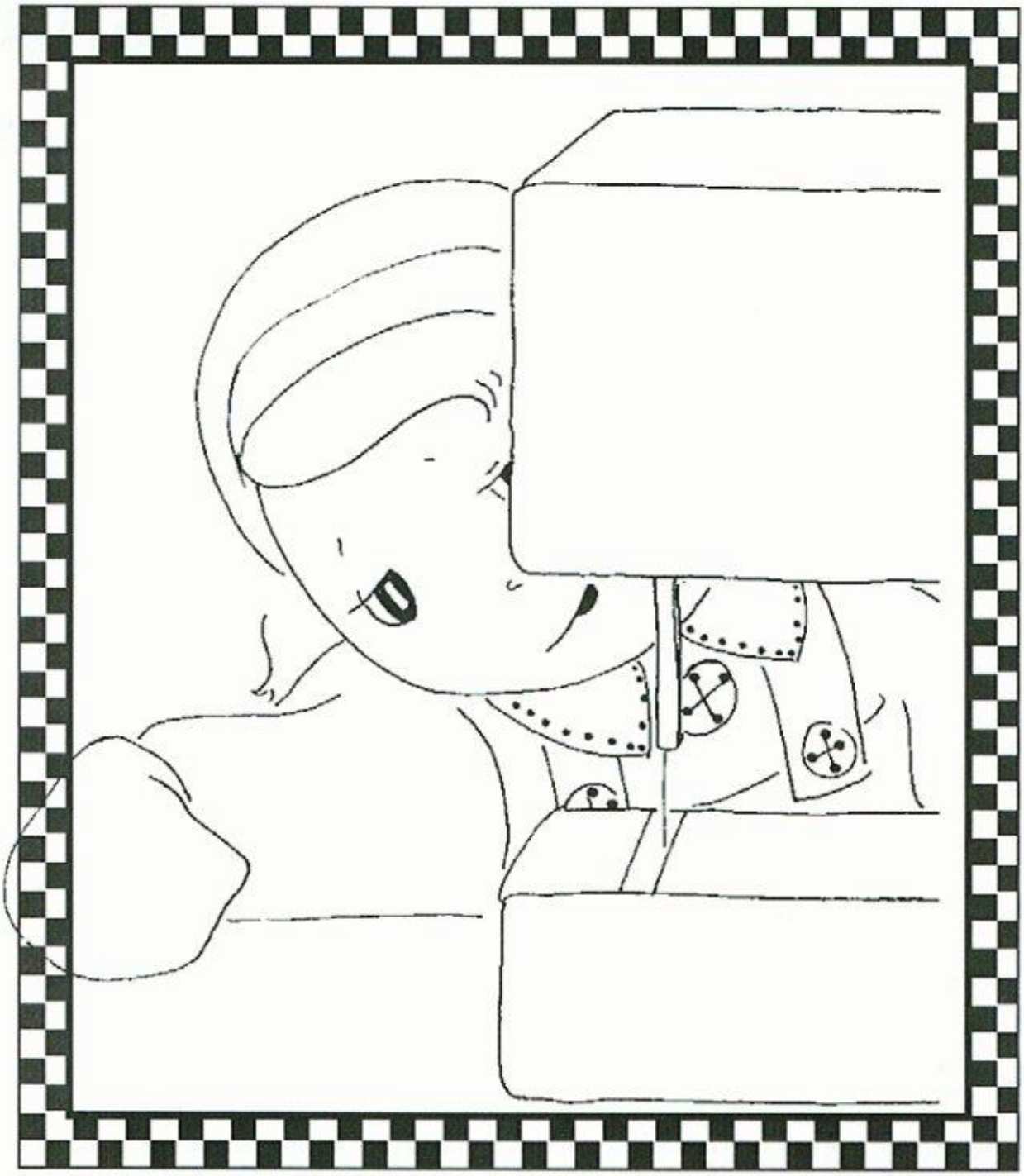
3. Turn inside out, and then fill with rice so that it is very full.



4. Sew the hole closed.



Task: Practice making different shapes that you have designed yourself. For example, a circle, a square, a rectangle, or make a kitty face. Follow the same procedure. You can even cut little pieces, such as eyes and ears, to glue. Give your pincushions as presents to your family and friends.



"She maketh herself coverings of tapestry..."
Proverbs 31:22

Sewing

Week Twenty-One

The Sewing Machine

Hope's mother has kindly let her borrow her sewing machine. A sewing machine is a complicated machine, but if mother will help you, you can have this mastered in no time at all!

Ask mother to set up her sewing machine for you, but you will not be using any thread this week.

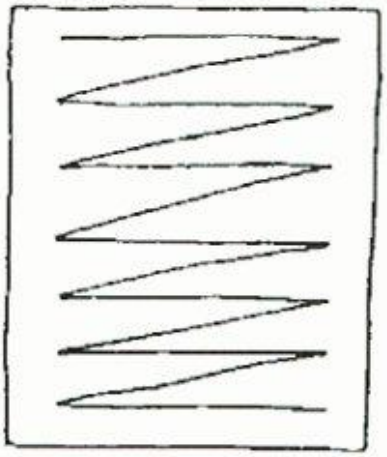
With mother's help, practice the following:

1. Turning on and off the machine.
2. Going forward and going backward.
3. Going very slow and fast.

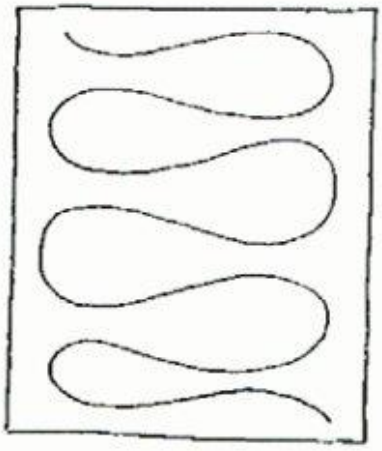
Remember to never push or pull your paper or fabric. If you do so, your needle will break.

TASK:

1. Take some pieces of paper and draw straight, curved and circular lines.



2. Practice sewing without thread on these pieces of paper, over and over again, until you do not go out of the lines.



Working with Real Thread:

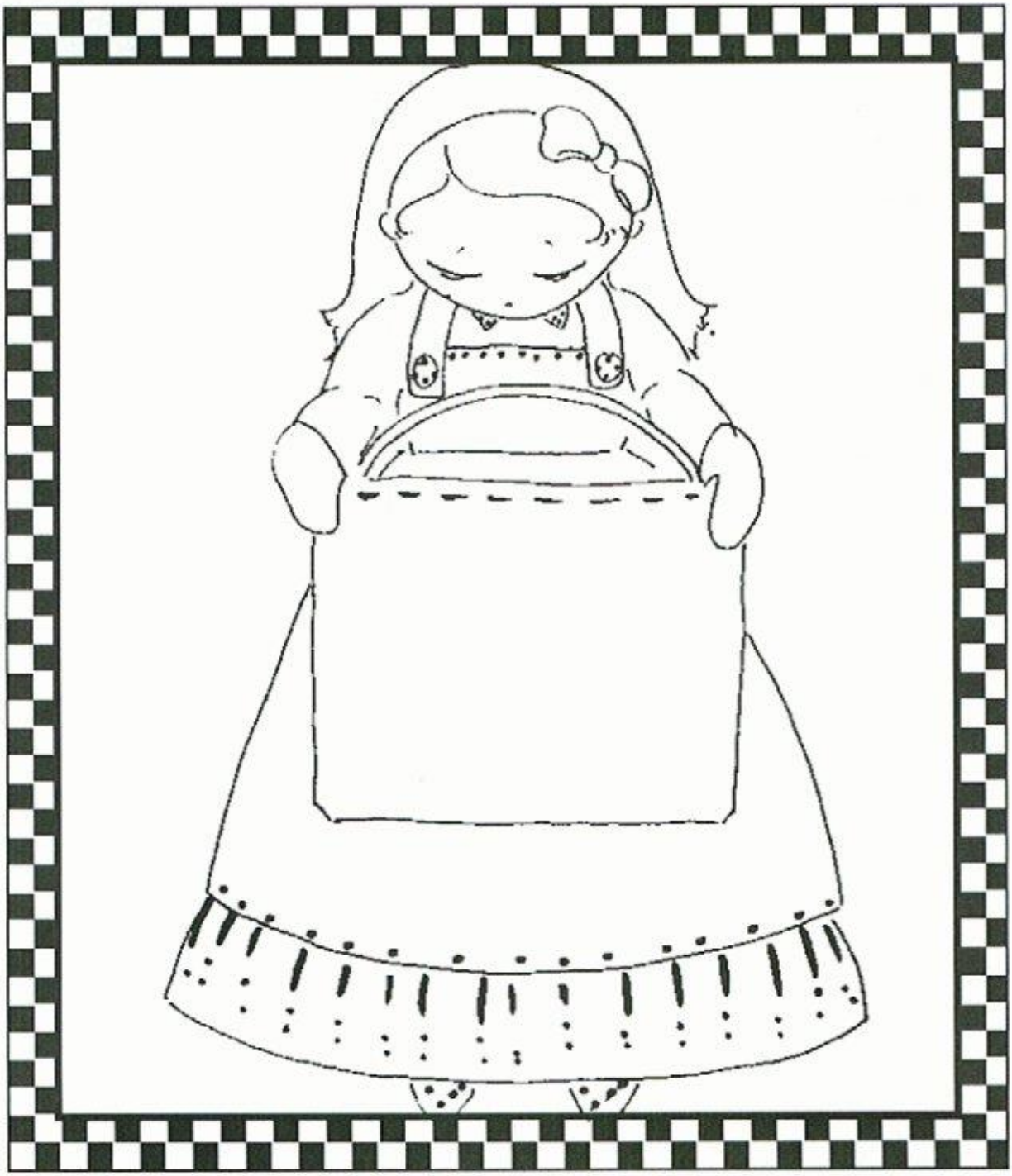
Sewing

3. Learn your sewing machine parts. Look at your mother's manual and know the following:

1. Name the parts of the machine.
2. Thread machine
3. Fill and insert the bobbin
4. Control the speed
5. Front stitch
6. Back stitch
7. Zigzag stitch (for finishing)
8. Turning corners
9. How to oil the machine

Please take about 15 to 20 minutes each day this week getting a working knowledge of your sewing machine.

Have mother test you to see if you can do tasks 1 through 9.



"Her clothing is silk and purple."
Proverbs 31:22

Sewing

Week Twenty-Two

Real Sewing!

Hope has finally completed a sewing project on a real sewing machine! Can you see her bag? You can make this bag too. She uses this bag to carry her favorite pieces of fabric for sewing.

First, some things to remember when choosing your fabric:

-Always watch for flaws when the store clerk is cutting the fabric.

-Watch for wrinkles. With some fabrics, the wrinkles will never come out.

-Watch out for color stains.

Hope's Cloth Bag

What's the SELVAGE?

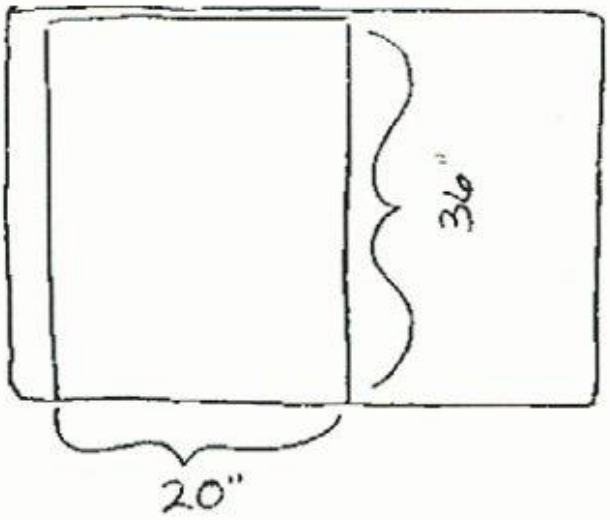
Along the side of your fabric, you will see a tightly woven strip which is sometimes a different color. This is the selvage. Always cut this off before sewing.

What you will need to make 2 bags:

-1 yard of 36" or 45" wide strong fabric
-Thread which matches fabric
-2 yards of rope or cord
(Cut and sew *one at a time*.)

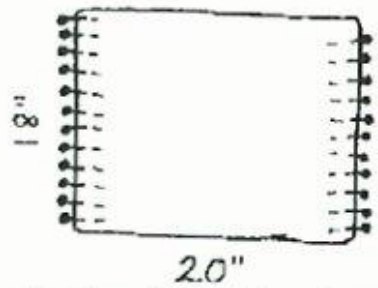
1. Pre-wash your fabric and dry in dryer. Iron. Cut off selvage.

2. Measure the outline carefully with a yard stick and draw with a white pencil, so your material will be 20" x 36" inches.



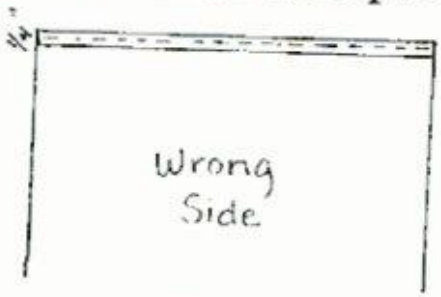
Sewing

3. Fold the long piece (36") to meet the top. Pin the sides together ***leaving 3 1/2 inches from the top***. Press seams open.



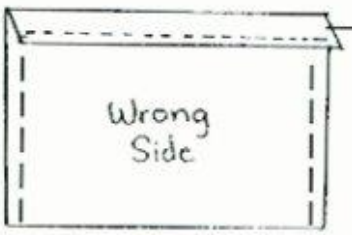
Sew both edges where pinned.

4. Topstitch the 3 1/2 inch portion.



5. Fold edges 1/2 inch in and press. Machine stitch on both sides.

6. Fold over 1 1/2 inch and sew. Slide drawstrings through twice:



Sew, leaving the ends open so you will have plenty of room to insert the drawstring.

Practice makes perfect!

Make two or more of these bags this week. Each time, make sure that you always cut your thread as you go.

"Her husband is known in the gates, when he sitteth among the elders of the land."
Proverbs 31:23

Cleaning

Week Twenty-Three

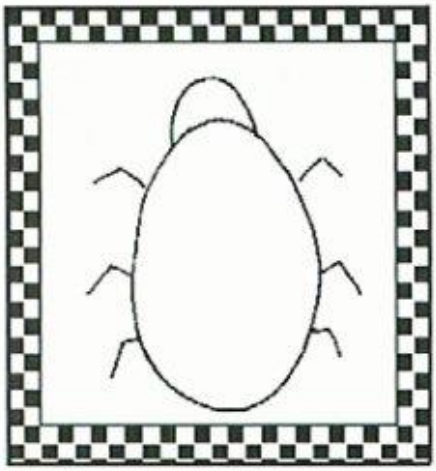
Cleanliness is Next to Godliness

Have you heard this saying? Hope has been told this all her life and her mother has been careful in teaching her to clean properly.

Not only do we need to keep our bodies clean, but we also need to keep the area where we live clean.

A dirty home breeds illnesses and other things. A clean home keeps everyone well and in good spirits!

Dust: Did you know that people shed their skin? It's true! We shed our skin cells, which is one reason why we need to dust our homes. The more members there are in your family, the more you will need to dust.



Dust also comes from the environment around us. If you live in the country near a field, you will have more dust; especially when they plow the field to plant.

Dust also contains little animals. They are called DUST MITES. These mites can be dangerous to humans so it is important that you keep the dust level down in your home.

In most homes you need to dust once a week.

Germs: Germs are microorganisms which we usually can't see without the aid of a microscope. Most homes have germs growing in specific places:

Toilets
Sinks
Toothbrushes
On kitchen rags
Garbage cans

Cleaning

These items must be cleaned each week, and more if you are able.

TASK: *Measuring the dust level of your home*. Decide which room is the busiest in your house. Pick a piece of furniture that will not be disturbed while you do this experiment.

~1. First, dust the surface of the whole area.

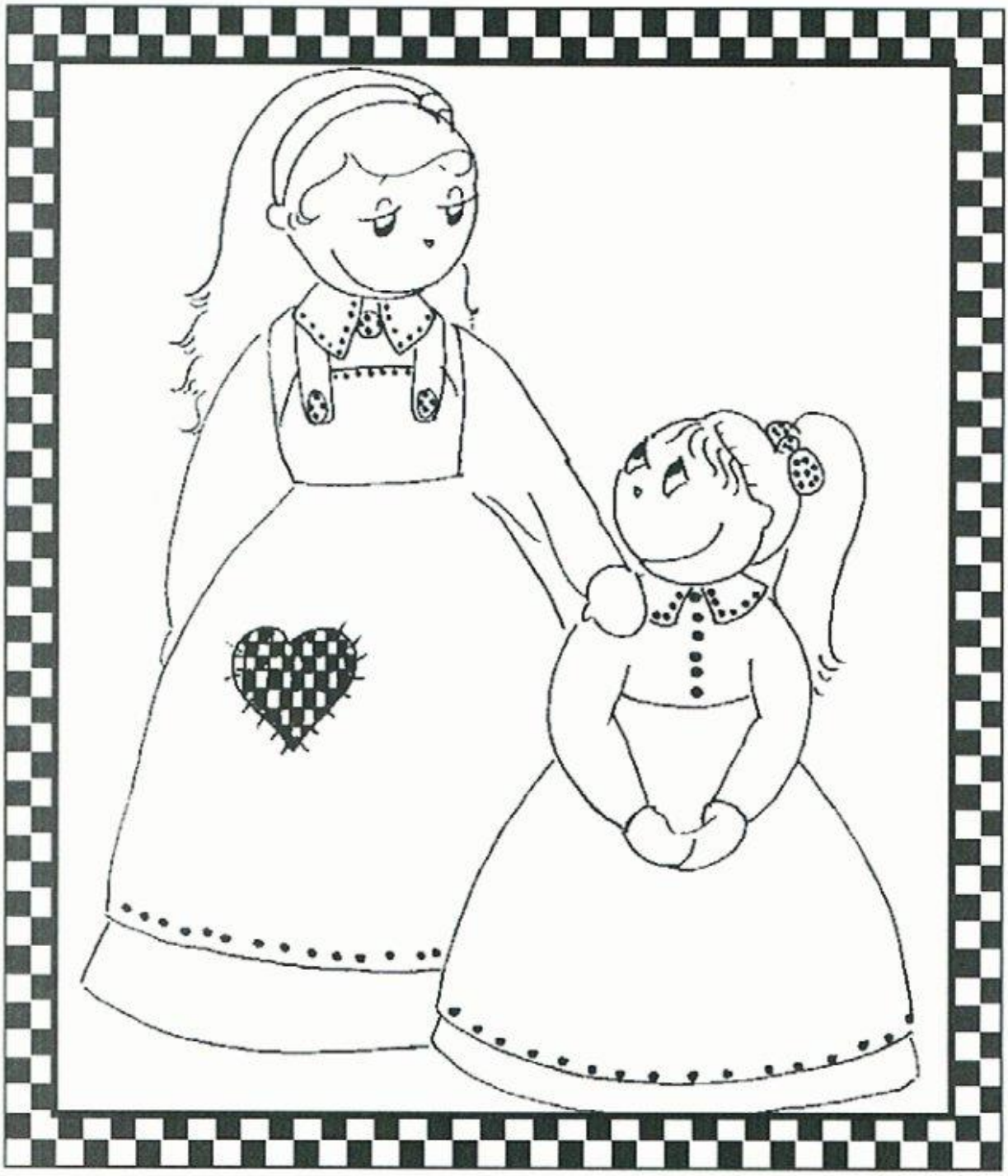
~2. Come back the next day and check to see how much dust has accumulated.

~3. Dust only half the piece of furniture and leave the other half undusted.

~4. Check back the following day.

~5. Do this throughout the week.

Conclusion: How much dust do you think you have in your house?

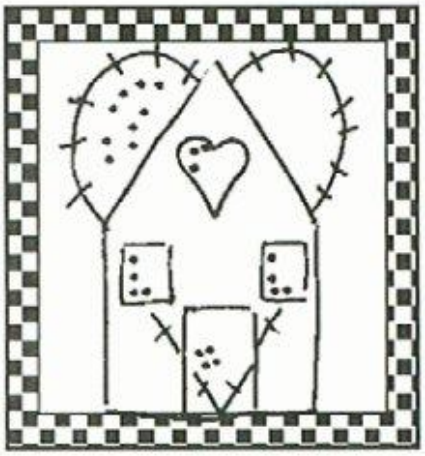


"She maketh fine linen and selleth it; and delivereth girdles unto the merchant.
Proverbs 31:24

Cleaning

Week Twenty-Four

Cleaning Your Own Room

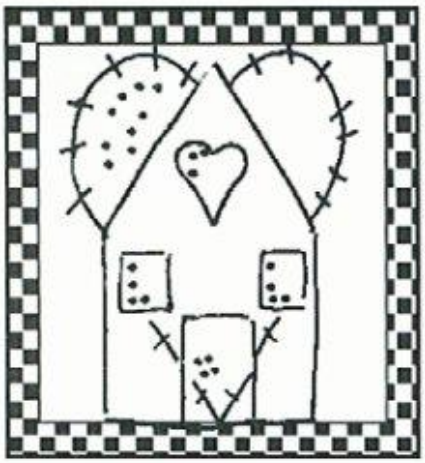


Hope shares her room with her little sister, Faith. Sometimes Faith messes up the room, and to be honest, so does Hope. But messiness is different from being dirty.

A messy room is easy to pick up. All you do is place the objects that are out of place back where they belong.

A dirty room is another thing. Remember how dust mites live in dust? A dirty room can be hazardous to your health.

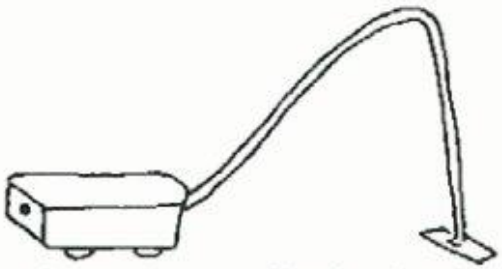
This week's project will be to learn how to clean your room properly...



What you will need:

-Old cloth rag
-Windex
-Feather duster
-Furniture polish
-Vacuum
-Clean sheets & pillowcase

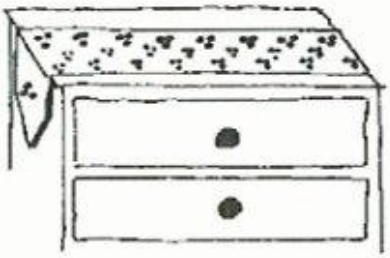
1. Vacuum floor. Use attachments and vacuum curtains.



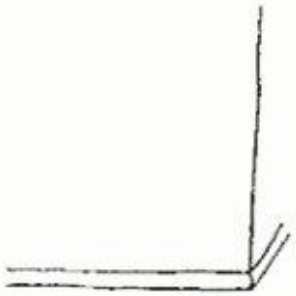
2. Feather dust all the knickknacks on your shelves and dressers and then remove them. Dust surfaces and replace knickknacks.

Cleaning

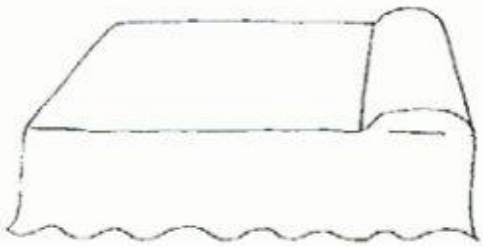
3. If you have a doily or runner on your dresser, take these outside and shake.



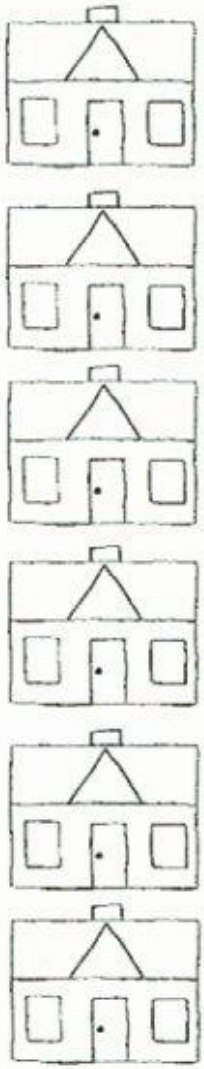
4. Dust all furniture, and edges of floorboards.



5. Change sheets & pillowcases weekly.



You must do this once a week in order to keep your room germ and dust free. Remember that your sheets will get very germy if you let them go more than one week!



"Strength and honor are her clothing; and she shall rejoice in time to come."
Proverbs 31:25

Organizing

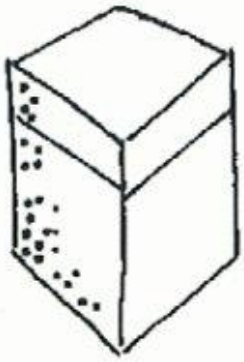
Week Twenty-Five

What Can't You Find?

Hope and her little sister, Faith, both love to collect things. Hope really likes to collect memory items and different types of books to read. Faith likes to collect Beanie Babies and other stuffed animals.

They used to have a real problem because they would put their collections all over the dressers, the shelves and any other place that took their fancy.

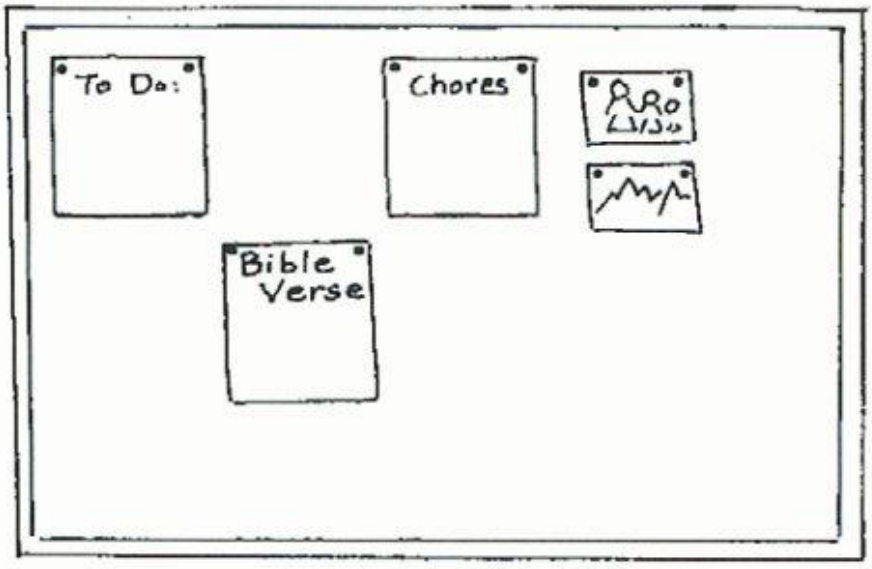
Hope was very upset one day because she couldn't find her very favorite book, the Bible, to read. Her



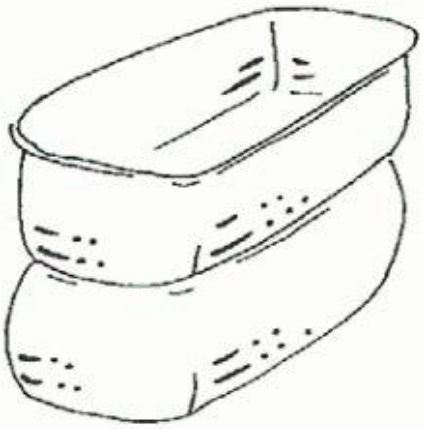
mother told her she needed to get organized!

Getting Organized:

The CORK BOARD - A cork-board is a wonderful invention if you like to collect memory items as Hope does. She is able to pin up her favorite pictures of her outings or medals from her church for memorizing scriptures. Have mother help you to find an inexpensive cork board and organize your memoirs.

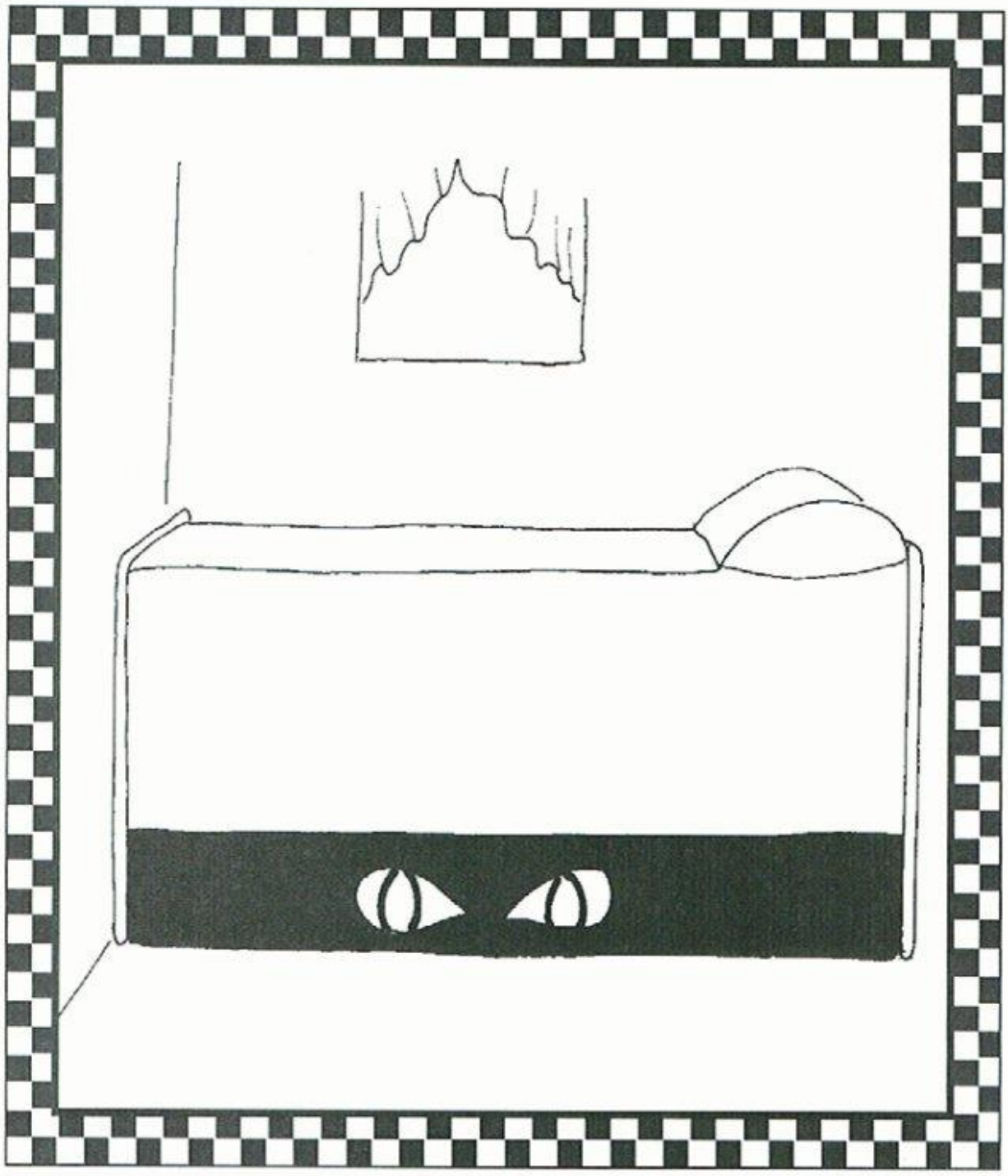


Organizing



PLASTIC BOXES: These are perfect for the little girl who has loads of hair scrunchies, clips and other things. It is also a great thing for organizing pencils and school items.

TASK: This is a week for organizing all your items that are not clothing. Go through your room and throw away anything that is broken or doesn't have all the pieces. Find a place for everything. For example, have one shelf for books. Specify a place for all your writing material, your beauty products, hair items and memoirs. Do a little bit each day until your whole room is clutter free and organized.



"She openeth her mouth with wisdom; and in her tongue is the law of kindness."
Proverbs 31:26

Organizing

Week Twenty-Six

The Closet & Under the Bed

Hope's closet used to be a very scary place. It wasn't because there were monsters in the closet, but because if you opened the door everything would fall out on top of her!

Hope used to be afraid of something under her bed. This was because she would put EVERYTHING under her bed hoping her mother wouldn't check there when she was told to clean up her room. She lived in constant fear she would be found out!

Then one day her mother DID find out! But she gently taught her how to organize both the closet and under the bed.

1. Separate your Winter from Summer clothing. Fold nicely the ones you are not using and place them in a box. Label the box either WINTER or SUMMER. Ask mother to help you place them on the top shelf in your closet.

2. Do you have shoes strewn all over the place? Ask your mother to purchase you a hanging shoe rack. There are usually two columns so if you share your room each child can have their own side.

3. Organize your closet clothes by item and then by color. For example, hang all your skirts together, then your blouses, then your dresses, etc.

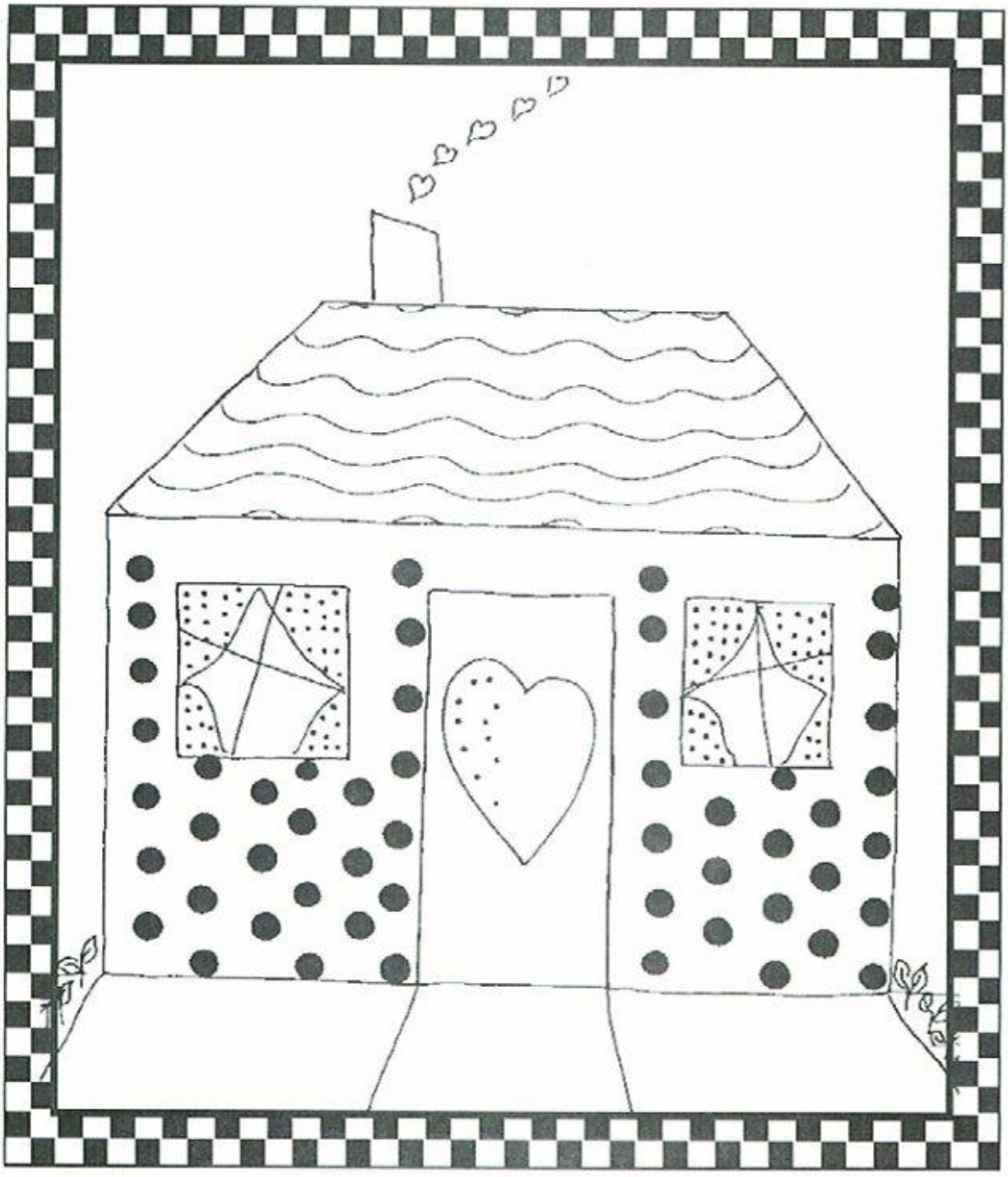
4. Do you shove toys under your bed? Try to find some plastic containers that will fit under the bed.

Organizing

Organize each container to contain certain items. For example, in one box place all your legos, and in another place your doll clothes, etc.

5. Do you have an overabundance of dolls, stuffed animals, etc.? There are many children who are not able to afford even one of these items. Why not go through your things and decide to give some of these to the Salvation Army or Goodwill? This way, some children will benefit from your good will!

TASK: Teach yourself to have a place for everything and to put everything in its place. Try all week to never lay anything down, but to always place it where it goes. Now that you have organized your toys and other items, it is time to organize your clothing. Take your time, and organize one area each day this week.



"She looketh well to the ways of her household, and eateth not the bread of idleness."
Proverbs 31:27

Organizing

Week Twenty-Seven

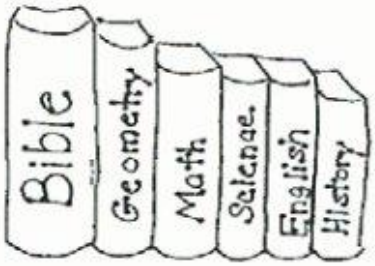
Organizing Your School

Hope is homeschooled. This means that she has to be extra organized! Because she is not the only one in her family, she has to share her shelves with others. Each person had been given their own space, but somehow Hope's was continuously overflowing into her brother's or sister's space.

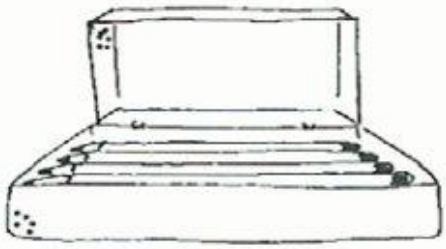
Her mother taught her some special things to do to get organized in her school. Two suggestions were to place school work that has been completed in a special file and to clean up after she made a mess.

Organizing your school:

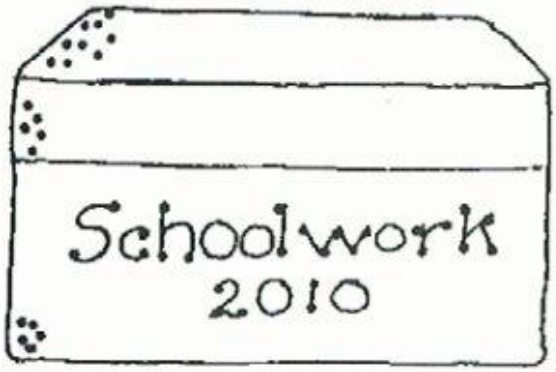
1. Keep all your schoolbooks in order:



2. Keep your pencils and art supplies in a special container.

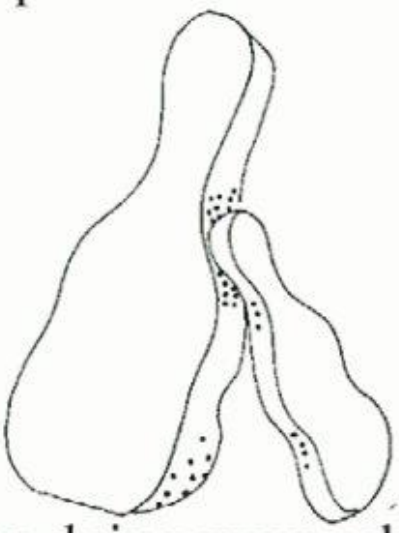


3. Place your completed schoolwork in a box which you can store in the garage. Place the papers in files and label them Math, Science, etc.

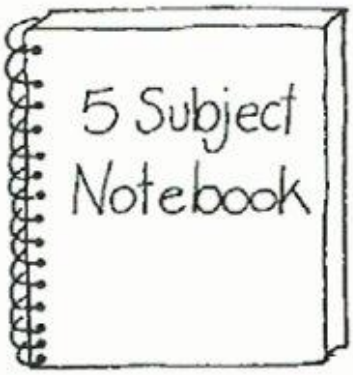


Organizing

4. Keep your musical instruments and music in its own place. Do not leave them sitting around or they may end up broken.



5. When doing your schoolwork, take out only what you are working on and then replace them nicely in order on your shelf.



6. Use one 5-subject notebook rather than five notebooks. This will make it easier to find those papers!

TASK: This week make sure that your shelves for school are organized and that all of your school items have been placed in their own spot. Find the papers that are loose and place them in a file. This should only take you one day to complete this organization process.

"Her children arise up, and call her blessed; her husband also, and he praiseth her."
Proverbs 31:28

Hospitality

Week Twenty-Eight

What is Hospitality?

The Bible tells us that we are to be given to hospitality. This means that we are to joyfully and enthusiastically open our homes in order to visit and have fellowship with our friends and family.

Do you feel that you are hospitable? Here is a check list:

-Do you like having friends over?

-Do you worry about your room being messy?

-Do you worry about what you are going to do with friends once they are there?

If you answered yes, yes, no, no, then you are definitately hospitable!

> Don't ever invite someone over without giving specifics.
>
> For example, do not say, "Can you come over to play today?"
>
> Do say, "Would it be all right for you to come over to my house from 2:00 until 4:00 today?"

TASK: There are different ways to be hospitable. This week let's work on being hospitable to one person. Here's what you do:

1. Ask permission from mother and then figure out when and who you can have over. Call them and invite them over on the phone. Always give a specific time and ending.

2. Clean your room the day before your friend comes. If you have been working on cleaning and organization, this should be no problem at all! Have everything in its place and ready for you to entertain.

3. Plan ahead a fun project for you and your friend to complete. Some people enjoy arts and crafts, others like to play games. Maybe you still enjoy playing with dolls, or you like

Hospitality

to put together a puzzle. Some friends like to have Bible studies together. Whatever your interest, make sure that you have planned something fun and creative for you and your friend to do.

4. Ask mother what you may serve your guest ahead of time. Do not embarrass mother by opening up the refridgerator and pulling out her favorite soda and asking her then and there if you and your friend may split it. She may still say, "No." One fun thing to do is to get permission to cook up goodies with your friend. Make enough so she may take some home with her.

5. When your friend's mother comes to pick her up, always stay while the mothers greet one another and stay by the door waving goodbye. This is a great ending!

"Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain; but a woman that feareth the Lord, she shall be praised."
Proverbs 31:29-30

Hospitality

Week Twenty-Nine

Three is *NOT* a Crowd

Hope had something interesting happen to her. She invited one friend over and when the friend arrived she also brought with her *her* neighborhood friend whom her mother was watching.

Sometimes when you are being hospitable, you will be faced with exciting adventures. Always have a good and loving heart towards strangers. Pretend that each person that comes into your home is Christ. How would you treat Him? This is how we should treat everyone.

A young lady should never invite a boy into her bedroom to play. If you have mixed company over, the appropriate place to entertain would be at the kitchen table, or in the family or living room.

Sometimes it is tricky when you have a group of three. This situation takes special care so that you do not pay more attention to one person over the other.

TASK: Invite two friends over, or a sister and her brother or sister over, in order to practice hospitality to more than one person.

1. Again, remember to always give a beginning and ending time for your visit.

2. Clean up the area you are going to be entertaining in the day before they come over. For more than two people, a living room or family room is more roomy than your bedroom.

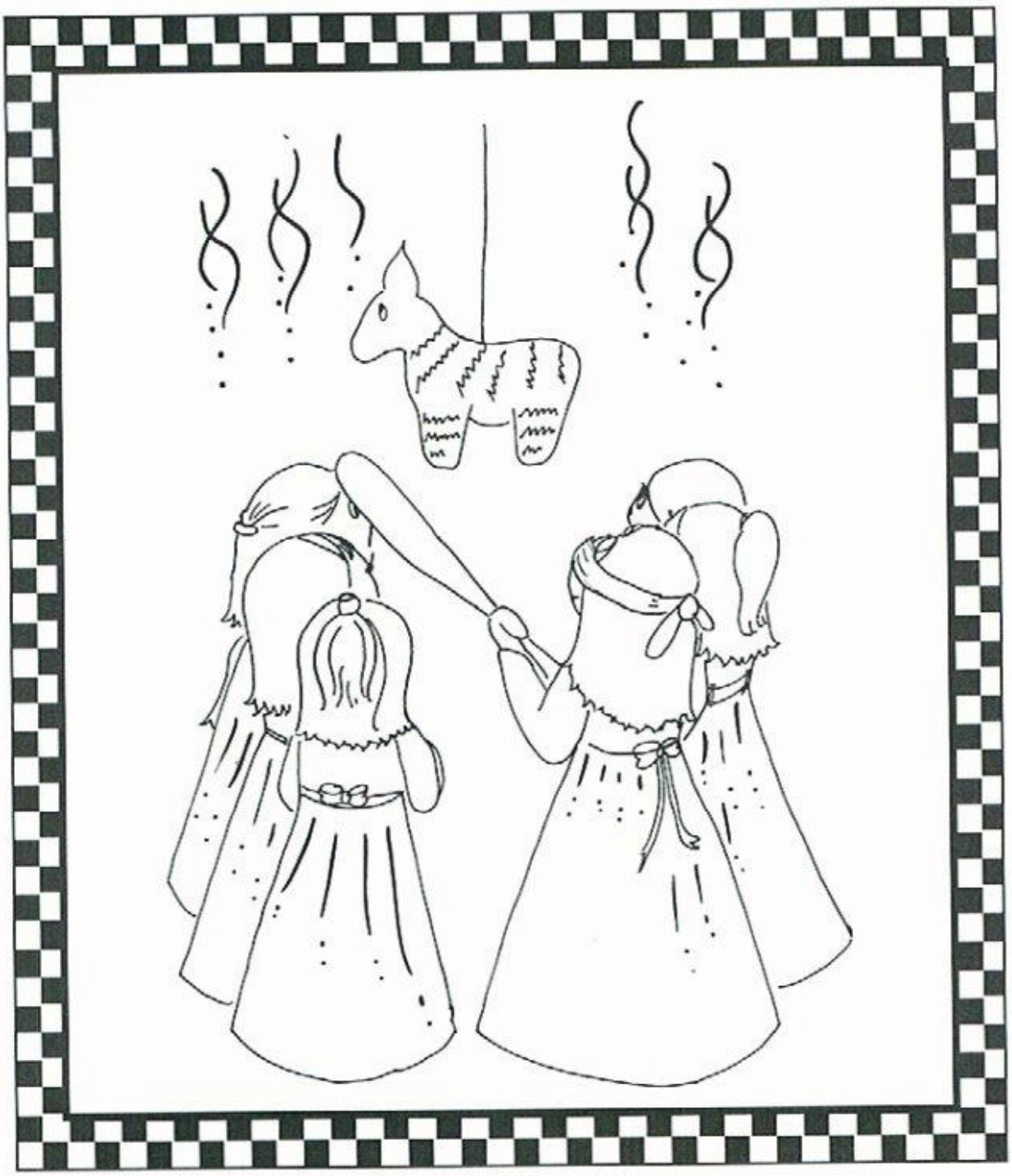
3. Plan something that you could all three do together and that you know everyone will agree on. Some-

times this may take some thinking on your part There are some great board games which everyone loves such as Children's Pictionary or Scategory.

4. What to do if a quarrel happens: If a quarrel ever breaks out amongst friends, you be the one to stifle it. You can do this by calmly saying each of your friend's names and reminding them that you are trying your best to be a good hostess and ask them politely to be good guests.

5. Stay with both your guests. Do not ever leave one guest alone while you go off with the other. When asking for help, always ask both to do something, never just one.

6. When they are leaving, politely wave goodbye from your doorstep.



"Give her the fruit of her hands; and let her own works praise her in the gates."
Proverbs 31:31

Hospitality

Week Thirty

Hosting a Party

Hope is having a Girl's Club get together! Her mother and six other mothers agreed that for once a month for six months, each girl would take turns hosting a party of some sort.

This month is Hope's turn. She is going to have an International Party and she is picking a Mexican theme. She is asking everyone to come in South of the Border costumes. She's also asking for everyone to bring a balloon that has been covered in newspaper strips dipped in flour and water paste and then dried. Each guest will be making a pinata.

TASK: Ask your mother if you can invite six friends over for a South of the Border Party for this week's project.

1. Because you are having a party you must send out invitations two weeks ahead of time. Make sure you have the time listed and the directions to your house. Also place an R.S.V.P. which will make sure that they let you know whether they are coming or not. Insert a piece of paper that asks your guests to bring a paper machete balloon. Give the following instructions: Tear strips of newspaper and glue onto the balloon with a solution of paste made from 1/2 part flour to 1/2 part water. Make sure it is at least 1/8 of an inch thick and totally covered. Tell them that it must be completely dried by the party.

2. Decorate the night before. Use crepe paper for streamers. Beforehand, paint paper plates with suns drawn in the center and tape them up around the walls. You can purchase small sombreros from your local Five and Dime or party store.

3. Prepare to feed your guests tacos. It may be easier to buy the hard shells at your local grocery store. Serve tortilla chips and cheese dip in a bowl. Make a large pitcher of lemonade to serve.

4. Have guests make their own pinata. Have mother buy two large bags of mixed candy from a Costco or Sams type store. Purchase different colors of crepe paper; bright, festive colors such as orange, yellow, bright green, purple, and bright blue. Have six tubes of glue ready. Have them take their newspaper covered balloons and decorate with the colorful crepe paper. Next cut a hole in the bottom, saving the piece you have cut out, and pop the balloon inside. Fill with candy and close with cut out piece and tape. They can take the candy and pinata home for a keepsake!

5. Play a game like pin the tail on the Donkey. This is a great South of the Border game!

6. Ask mother to purchase from MacFrugals, or some other such store, a large pinata. (These can be bought for around $9.) Hang the pinata, blindfold each child in turns, and let the children all try to break the pinata for the goodies inside.

7. When each guest's parent arrives to take them home, walk them to the door and thank them for coming.

This is just the beginning of hospitality. You will have so much fun and fellowship that you might want to do something like this every month too!

Special thanks to Anne White, whose help and knowledge has been more than invaluable. Anne became a professional chef after her children were raised. She has spent much of her time teaching younger (and older!) women how to bake and cook, and many other home care skills. Now in her 80's, she has patiently offered her advice and wisdom in order for us to be able to lovingly create this book. We hope you enjoy this material as much as we have enjoyed learning from her and putting it together!

A quick note to mother,

If your child is a young eight and still needs help with these projects, before going on to the next level, we recommend starting this book over again.

By doing this, the child becomes more familiar and confident with each project and can whiz through the tasks with ease.

Continue to the next level after they have mastered the skills listed in this book. Each future level contains a quick review of past levels and then offers a more difficult challenge for them to master as they continue on.

Happy homemaking!

A. B. Leaver & Friends

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